



UNIVERSITY OF GEORGIA  
EXTENSION

# EGGY PEANUT BUTTER MUFFINS

Sourced from National Peanut Board

TOTAL TIME: 25 MINUTES  
SERVINGS: 8  
SERVING SIZE: 1 MINI-MUFFIN

Suggested Age: 9+ months



## NUTRITION FACTS

35 Calories

Total Fat: 0.5g

Carbohydrates: 5g

Protein: 3g

Sodium: 55mg

Cholesterol: 25mg

## INGREDIENTS

*1/4 cup powdered peanut butter*

*1/4 cup whole wheat flour*

*1/4 teaspoon baking powder*

*1/8 teaspoon baking soda*

*Pinch of cinnamon*

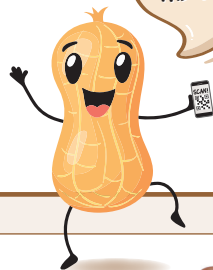
*1 egg plus 1 egg white*

*1/4 cup wellmashed/ pureed sweet potato  
or pumpkin puree*

*1 tablespoon maple syrup*

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Spray mini-muffin pan with pan spray.
3. Mix the dry ingredients, powdered peanut butter through cinnamon, in a medium bowl.
4. In a small bowl, mix the wet ingredients, egg, egg white, puree, and maple syrup if using.
5. Add the wet ingredients to the dry ingredients and mix just until no more flour is visible.
6. Divide between 8 mini-muffin wells.
7. Bake for 12-15 minutes or until a toothpick inserted into the middle of a muffin comes out clean.



SCAN QR CODE FOR  
THE ONLINE RECIPE!



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## RECIPE TIPS

If you don't have a mini-muffin tray, you can multiply the recipe until you have enough to fill a regular muffin tray instead. If you go with this option, make sure to cut the muffin into small pieces that are safe for babies. Cooking times will also be different.



## NUTRITION TALK

Sweet potatoes and pumpkins are rich sources of beta-carotene, which can be converted to Vitamin A, which is important for developing and maintaining skin, vision, and the immune system.

Whole wheat flour is a good source of protein, fiber, and a variety of vitamins and minerals like riboflavin and folate.



## EARLY INTRODUCTION GUIDELINES

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

### WHEN?

#### Most Babies?

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

#### High-Risk Babies?

(Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

### HOW?

#### How Much?

2 teaspoons

#### How Often?

3 times per week

