

Recipes by Chef Lily



Lily's Chocolate Chip - Banana Muffins

- 4 medium black bananas, mashed
- 1/3 cup melted unsalted butter, cooled
- 2/3 cup of granulated sugar
- 1 large egg
- 3 tablespoons room temperature buttermilk
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups all purpose flour
- 1 cup milk chocolate chip

Preheat the oven to 350 degrees and line your muffin tins.

Peel bananas and throw them in a big bowl with the melted butter and blend using an electric mixer until the mixture is creamy and smooth.

Add sugar, egg, buttermilk and vanilla and mix until combined. Stir in salt and baking soda.

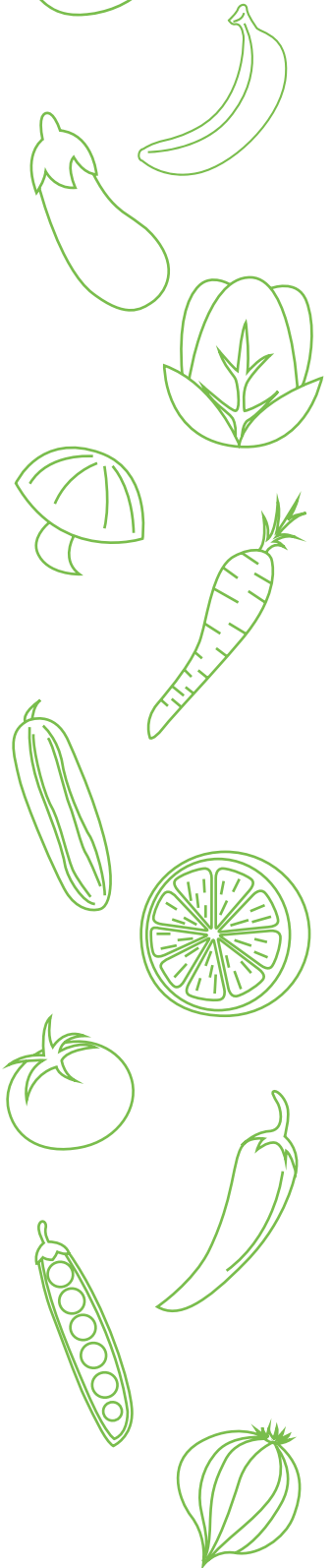
Add flour and chocolate chips and mix until just combined. Do not overmix.

Divide into muffin tins and bake for about 18-20 minutes.

Lily's Banana & Peanut Butter Smoothie

- 2 large black bananas, frozen
- 1 cup vanilla or plain Greek yogurt
- 1/4 cup milk of your choice, plus more as needed
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 2 tablespoons peanut or almond butter
- 1 tablespoon honey
- 4 large ice cubes

Place all ingredients in a blender. Blend until smooth, adding more milk if needed to reach desired consistency.



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Lily's Banana Waffles

- 2 cups all-purpose flour
- 3 tablespoons granulated sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 large eggs
- 1¾ cups buttermilk, at room temperature
- 1 large black banana, mashed
- 4 tablespoons unsalted butter, melted and cooled
- 1 teaspoon vanilla extract
- Oil spray

Whisk the flour, granulated sugar, baking powder, salt and spices in a large bowl.

Whisk the eggs in a medium bowl until frothy; add the buttermilk, mashed banana, butter and vanilla and stir to combine.

Stir the wet mixture into the dry until just combined, taking care not to over mix. Cover with plastic wrap and let the mixture rest for 5 minutes.

Preheat a waffle iron to medium-high. Lightly spray the inside of the iron evenly with some of the pan spray.

Pour in enough batter to lightly cover the surface of the iron, about 1/3 to 3/4 cup, depending on the size of the iron. (Take into consideration that the batter will spread once the lid is closed.)

Cook until the waffles are crisp and golden, 5 to 7 minutes. Repeat with the remaining butter and batter, keeping the cooked waffles warm in the oven until ready to serve.

