

DOODLE LOU & SHELIA'S THE MUFFIN MAN'S MUFFIN COOK BOOK

www.steampoweredpoetry.com

MATERIALS NEEDED:

- Printer paper / Printer
- Scissors
- Glue stick
- Hole punch
- One small rubber band
- One small plastic spoon

DIRECTIONS:

1. Print all pages in color on standard computer paper.
2. Cut book pages and cover from all pages.
3. Fold the cover page on this page.
4. Fold the remaining pages and glue each page at small open end.
5. Arrange the interior pages in order 1-9 (glued open edges will be on your left.)
6. Slip the cover around the interior pages with the open edges of cover to the right. Do not glue.
7. Align the pages. Punch 2 holes through the cover and interior pages. at the top & bottom of the spine.
8. From the back, poke top and bottom loops of the rubber band through the holes.
9. Slide the handle of the spoon through both loops.

Front and back cover



Materials Needed:

- 12 cup muffin tin
- Cupcake liners
- Medium & large mixing bowls
- Spoon
- Oven
- Cooling rack

Ingredients:

- 2/3 c. Sugar
- 1/2 c. oil
- 2 eggs
- 2/3 c. mashed ripe bananas
(about 2 medium sized bananas)
- 1 t. vanilla
- 1 2/3 cups all-purpose flour
- 1 t. baking soda
- 1/2 teaspoon salt
- 1 cup finely chopped fresh strawberries



1.

**SET
OVEN
TO
350
DEGREES.**



2.

**Line a 12 cup muffin
tin with paper liners.**



3.

**In a medium bowl,
whisk sugar, oil,
eggs, bananas
and vanilla
until well
blended.**



4.

In a large bowl,
stir together
flour, baking
soda, and
salt.



5.

Pour, then stir the
banana mixture
into the dry
ingredients.



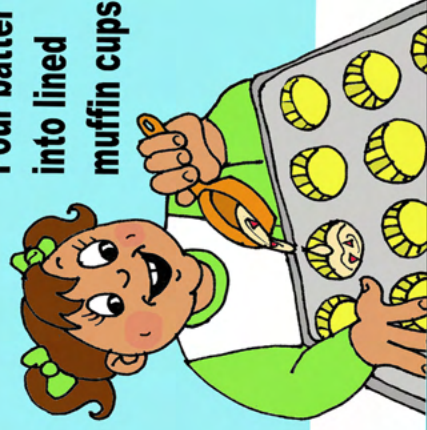
6.

Gently
fold in
strawberries

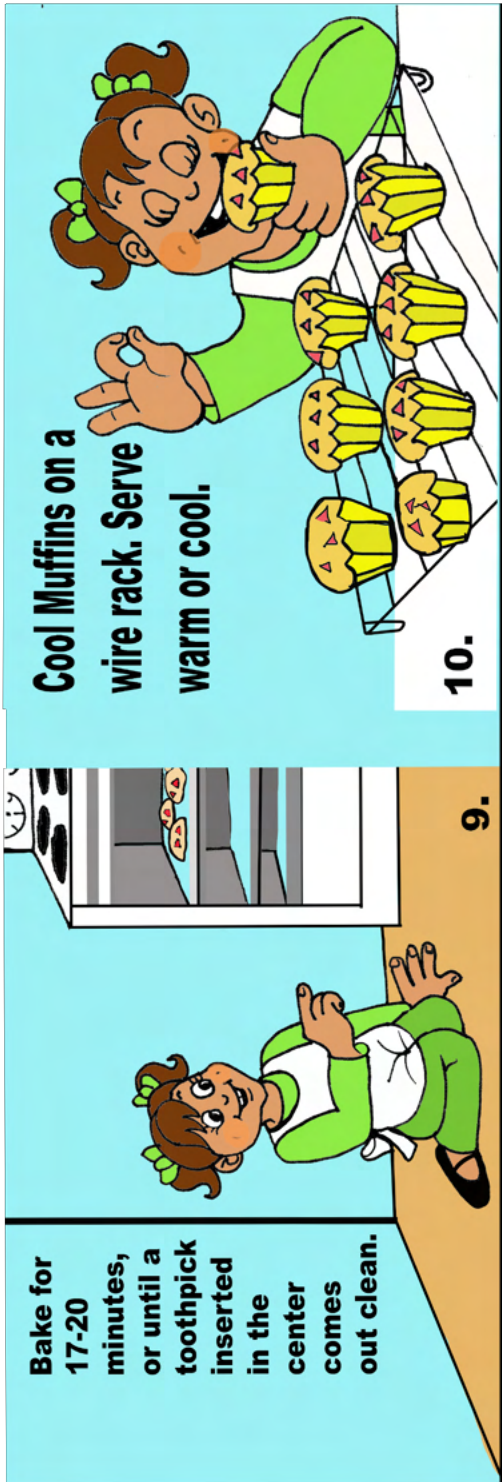


7.

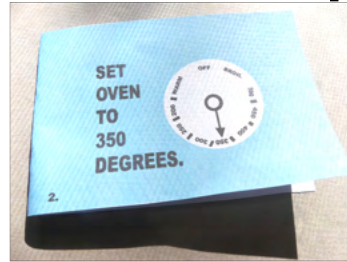
Pour batter
into lined
muffin cups.



8.



1. Fold cover and pages



2. Glue interior pages at short open sides.



3. Insert interior pages into cover.



3. Poke holes on the spine at top and bottom.



4. Put spoon handle through rubber band loops.

