



This recipe was crafted by women and girls in our Thailand baking school who have learned cooking as a trade so they can provide for their families outside of the red-light district. Learn more at [worldhelp.net/freedom](http://worldhelp.net/freedom).

## INGREDIENTS

2 1/4 cups All Purpose Flour  
1/4 tsp Baking Powder  
3/4 tsp Baking Soda  
1/4 cup Salted Butter  
1/4 cup Shortening  
1 cup Granulated Sugar  
2 Medium Eggs  
3 Ripe Bananas  
3/4 cup Whipping Cream  
3 tsp Fresh Lemon Juice  
3/4 cup Milk  
2 Tbsp Poppy Seeds  
1 cup Cranberries  
Walnuts for sprinkling

## Banana Muffins

1. Preheat oven to 325 degrees.
2. Combine flour, baking soda and baking powder. Set aside.
3. Mash bananas and combine with whipping cream, milk, and lemon juice. Add poppy seeds and mix.
4. Mix butter and shortening with sugar until fluffy. Add eggs one at a time, mix.
5. Add 1/3 flour mixture to butter mixture, then 1/3 banana mixture. Alternate two more times until all mixtures are combined.
6. Pour into muffin baking cups, sprinkle with walnuts and cranberries. Bake for 30-35 minutes, or until golden brown.