



# fruit-sweetened mini banana muffins

## ingredients

- 1 cup raisins
- 2 large pitted dates
- 1 3/4 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon fine salt
- 1 stick unsalted butter
- 1 large egg plus 1 egg yolk
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon orange zest
- 1/2 cup milk
- 2 small ripe bananas

## directions

Preheat oven to 350°F and spray muffin pan. Soak raisins and dates in hot water for 25 minutes, then puree. Whisk flour, baking powder, cinnamon, and salt. Beat butter until smooth. Add raisin–date puree, then beat in egg, yolk, vanilla, and orange zest. Mix in half the flour, then milk, then remaining flour. Fold banana chunks into the batter. Divide batter into muffin cups, smooth tops, and add banana slices. Bake for 18 minutes until golden. Cool on a rack. Store in an airtight container for up to 3 days.



# spicy beef stir-fry

## ingredients

- 1 tbsp cornstarch
- 3 tbsp chinese shaoxing rice wine
- 1 pound beef sirloin
- kosher salt and ground pepper
- 2 teaspoons toasted sesame oil
- 2 tsp oyster sauce
- 3 to 4 tbsp peanut oil
- 11-inch piece fresh ginger
- 2 cloves garlic, smashed
- 5 to 7 dried red chiles
- 1 small onion
- 8 heads baby bok choy
- pinch of sugar
- cooked rice, for serving

## directions

Whisk cornstarch with 2 tablespoons rice wine. Toss beef in mixture, season with salt and pepper. Set aside for 15 minutes. Mix remaining rice wine, oyster sauce, and sesame oil in a bowl; keep near the stove. Heat wok or skillet over high heat. Add 3 tablespoons peanut oil, then ginger, garlic, and chiles. Stir-fry for 1 minute. Add beef, cook for 1-2 minutes. Transfer beef to sauce mixture and toss. If needed, add 1 tablespoon peanut oil to the pan. Stir-fry onion for 2 minutes. Add bok choy and sugar, stir-fry for 1-2 minutes until wilted. Return beef and juices to pan, stir to combine. Serve over rice.