



A LITTLE BIT ABOUT MY HISTORY

I was born in 1944 in the little town of Sutton, Quebec to immigrant parents – my mom was from Germany and my dad from Switzerland. There is so much to tell you but let me just paint the picture of my beginnings. My Dad, Paul Schweizer, bought the most picturesque farm imaginable on the mountains of Sutton – 150 acres of forest and fields, and the best sunsets known to man.



PAULINE CANZANI

The only problem was that the farm he purchased was both rocky and hilly, neither of which is conducive to farming, and he knew absolutely nothing about farming because he was a watch maker by trade. He bought the \$3000 property on a whim because it reminded him of his beloved Switzerland. We were dirt poor, but we had each other – my parents, two brothers, three sisters and me, and we lived in a natural paradise on the mountain.



It's not a matter of growing old, it's getting old if you don't grow.
-Author Unknown



What to do With Ripe Bananas

What do you do with your ripe bananas? One of my favorite things to do is to turn them into delicious, easily freezable muffins. These muffins are so good, they taste more like cupcakes and are great to keep in your freezer for when you have company or for when someone you love needs some comfort food.

Grandma's Banana Muffins



Makes 12 muffins. Bake at 350 degrees for 20-25 minutes.

Lightly grease a muffin pan and add paper liners. Bake until golden brown or until you can press lightly on top and the muffin top bounces back.

1/3 cup melted butter
2/3 cup sugar (brown or white)
1 egg
Mix these ingredients together

3 ripe mashed bananas (you can mash them with a fork)

Next, add:

1 ½ cups flour
1 ½ teaspoons baking powder
½ teaspoon baking soda
A pinch of salt
½ cup chocolate chips
½ teaspoon vanilla

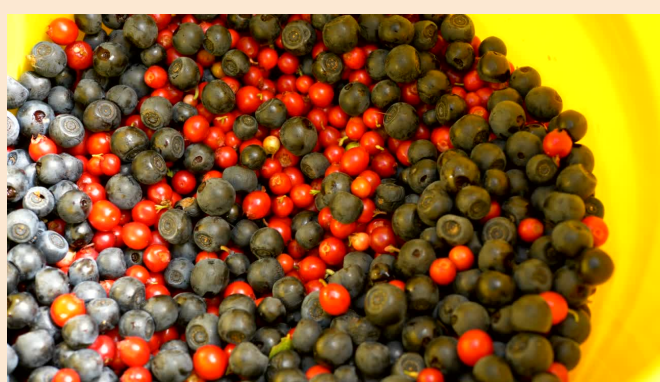
Gently mix

Topping:

I like to put a little topping on the muffins before they bake. A great way to do this is to mix some sugar with cinnamon and sprinkle over the top of the muffins. It looks pretty and adds another layer of flavour.

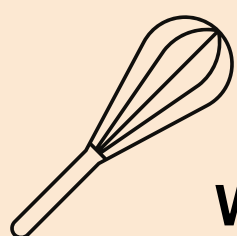


Get Creative



Alternative Options

- Add one cup of blueberries instead of chocolate chips.
- Add ½ cup chopped fresh cranberries with the zest of half a lemon
- You can also use this recipe with a loaf pan instead of muffin tins, but you will need to increase baking time to 30-40 minutes.



What else can you do with ripe bananas? Get Crazy!

- Cut into thick slices, freeze and enjoy as a frozen treat – if you want to go really crazy, you can dip the frozen pieces into chocolate sauce
- Add the frozen bananas to a smoothie or make a milk shake

