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## Banana Muffins

### Ingredients:

- 3 cups Master Mix
- 2 Tablespoons sugar
- 1 egg, beaten
- 3/4 cup water
- 2 medium bananas, mashed
- vegetable oil spray

*Makes 12 servings - 34% calories from fat*

### Instructions:

1. Measure Master Mix and sugar into a bowl; stir well.
2. Mix the egg and water in another small bowl; add the bananas, mix again.
3. Add the egg mixture to the flour mixture all at once. Stir slightly to moisten, about 25 strokes. Mixture will be lumpy.
4. Prepare muffin pan with vegetable oil spray. Fill cups 2/3 full with batter. Bake at 400°F for about 20 minutes.

### Notes:

- Over stirring muffin batter may result in tough/rubbery muffins. DO NOT OVER MIX.
- For cheddar cheese muffins add 2/3 cup grated cheddar cheese, omitting the banana.
- For blueberry muffins add 1 cup drained blueberries and omit banana.

Nutrition Facts	
Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 1g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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