



Banana Muffins

Ingredients

3 cups Master Mix
2 Tablespoons sugar
1 egg, beaten
¾ cup water
2 medium bananas,
mashed
vegetable oil spray

Makes 12 muffins

Instructions

1. Mash bananas, reserve. Measure Master Mix and sugar into a medium bowl; stir well.
2. Mix the egg and water in another small bowl; add the bananas, mix again.
3. Add the egg/banana 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, spraying only the bottoms of cups. Fill cups 2/3 full with batter. Bake at 400°F for 18- 20 minutes.
5. Remove muffins from pan, cool on a wire rack.

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.
- Bisquick or Jiffy Mix can be substituted for Master Mix.

Nutrition Facts

Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 20mg	7%
Sodium 390mg	16%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 5g	
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	

34% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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