

BANANA MUFFINS

Yield 100

Portion 1 Muffin

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 186 cal | 32 g | 4 g | 5 g | 34 mg | 204 mg | 87 mg |

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 BANANA,FRESH,MASHED
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 2 lbs
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 1 qts
 3 tbsp

Issue

3-1/8 lbs

Method

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Add mashed bananas to batter; mix at low speed another 15 seconds until blended.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.