



Photo by: Photo: Karry Hosford

SUGAR SPOT BANANA MUFFINS

Those tiny brown spots on ripe bananas are called sugar spots; fruits that have them make the sweetest muffins. Vegetable oil makes these muffins tender and keeps them from becoming dry.

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- **Yield:** 12 servings (serving size: 1 muffin)

Ingredients

- 2/3 cup packed light brown sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 large egg white
- 3/4 cup mashed ripe banana
- 1/3 cup fat-free milk

- 1 1/3 cups all-purpose flour (6 ounces)
- 2/3 cup honey-crunch wheat germ
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- Cooking spray

Preparation

Preheat oven to 350°.

Combine first 4 ingredients in a large bowl; beat with a mixer at medium speed until well blended. Add banana and milk; beat well.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, wheat germ, baking powder, baking soda, and salt in a medium bowl, stirring well with a whisk. Add to sugar mixture; beat just until moist.

Spoon batter evenly into 12 muffin cups coated with cooking spray. Bake at 350° for 22 minutes or until muffins spring back when touched lightly in center. Cool in pan 5 minutes on a wire rack; remove from pan. Place muffins on wire rack.

Nutritional Information

Amount per serving

- Calories: 183
- Calories from fat: 28%
- Fat: 5.7g

- Saturated fat: 0.9g
- Monounsaturated fat: 1.3g
- Polyunsaturated fat: 3.1g
- Protein: 4.3g
- Carbohydrate: 30g
- Fiber: 1.4g
- Cholesterol: 18mg
- Iron: 1.6mg
- Sodium: 155mg
- Calcium: 61mg