

Banana Cupcakes

Kids like these best!

12 servings

Ingredients:

1/2 cup solid shortening

3/4 cup sugar

2 eggs

1 teaspoon vanilla extract

1 1/2 cups flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup mashed ripe bananas (2-3 bananas)

Directions: **1.** Preheat oven to 350 degrees. **2.** In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well. **3.** In a medium mixing bowl, combine flour, baking powder, baking soda and salt. **4.** Add dry ingredients and bananas to creamed mixture, mixing until just combined. **5.** Place paper baking cups in muffin tin or lightly coat with cooking spray. Fill muffin cups 2/3 full with batter. **6.** Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a cooling rack.

Nutrition Facts: *One cupcake provides 220 calories, 9g total fat, 35mg cholesterol, 200mg sodium, 32g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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Chef's Choice
Banana Cupcake
Low Fat Milk

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