

# Banana Cupcakes


Kids like these best!



Level: Medium

Makes: 12

## Kids' Tool Kit

Electric mixer   
Mixing bowls, large and medium  
Wooden spoon  
Rubber spatula  
Measuring cups  
Measuring spoons  
Cookie or ice cream scoop  
Paper baking cups  
Muffin tin



## 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:

**Remember to wash your hands!**

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.

## Chef's Choice

Banana Cupcake  
Low fat milk

## Nutrition Facts

Serving Size 1 cupcake (75g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2.5g	<b>12%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 2%	Vitamin C 4%
Calcium 4%	Iron 6%
*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	



**Helpful Hints:** Kids of all ages will have fun stirring-up these cupcakes! Use an extra large bowl for mixing and stirring so ingredients stay in the bowl and don't spill on the countertop. Premeasure some ingredients so kids can get to the fun of mixing quickly. Set a wet cloth under the mixing bowl to keep it from slipping. An easy way to fill muffin cups is to use an ice cream or cookie scoop. While cupcakes are baking, help kids put ingredients away, wash dishes and get ready to sample!



**Safety Tip:** This batter contains raw eggs. Remember to explain to kids that raw eggs can make us sick - especially young children. So no licking the bowl or spoon! Wait until the cupcakes are baked before sampling!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).