

Raisin Buddy Banana Muffins

Ingredients:

2 very ripe, medium bananas, peeled
 1 egg, beaten
 1/3 cup vegetable oil
 1 1/2 cups all-purpose flour
 1 cup sugar
 6 tablespoons cocoa powder
 1 teaspoon baking soda
 1/2 teaspoon salt
 1/4 teaspoon baking powder
 1/2 cup raisins

Directions:

Spray muffin pans or loaf pans with cooking spray. Preheat oven at 350° F. Put bananas into a food processor or blender. Secure lid and blend until smooth. Scrape banana into a mixing bowl and combine with eggs and oil. In another mixing bowl, combine flour, sugar, cocoa, baking soda, salt, and baking powder. Add banana mixture, and stir until moistened. Stir in raisins. For mini muffins spoon 1 tablespoon batter into muffin pan cup and bake for 12-15 minutes. For regular muffins spoon 1/3 cup batter into muffin pan cup and bake 20-25 minutes. For bread loaf pour batter into 9x5 loaf pan and bake for 55-60 minutes.

Nutrition Facts			
Serving Size 1 - mini muffin (18g)			
Servings Per Container 48 mini muffins			
Amount Per Serving			
Calories	50	Calories from Fat	15
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	55mg		2%
Total Carbohydrate	10g		3%
Dietary Fiber	0g		0%
Sugars	6g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
*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

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-2-08