

BANANA CRUMB MUFFINS

Really good muffins

Batter Ingredients:

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| 1 ½ cup all-purpose flour | 4 bananas, mashed |
| 1 teaspoon baking soda | ¾ cup white sugar |
| 1 teaspoons baking powder | 1 egg, slightly beaten |
| ½ teaspoon salt | 1/3 cup butter, melted |

Topping:

- 1/3 cup packed brown sugar
- 2 Tablespoons flour
- ¼ teaspoon cinnamon
- 1 Tablespoon butter

Preheat oven to 375° (Fahrenheit). Lightly grease 20 muffin cups or line with muffin papers.

In a large bowl, mix the flour, baking soda, baking powder, and salt of the batter ingredients. In another bowl, mix bananas, egg, sugar, and melted butter. Stir banana mixture into the dry ingredients until just moistened. Spoon batter into prepared muffin cups.

In a small bowl, mix together the dry topping ingredients. Cut in the butter until mixture is evenly course. Sprinkle topping over muffins.

Bake in preheated oven for 18-20 minutes, until a toothpick inserted into center of a muffin comes out clean.

NOTE: These could be made “lighter” by using butter substitute.

With butter, per muffin: 137 calories; 4 g fat; 152 mg sodium; .9 g fiber; 13.9 g sugar; 1.6 g protein.