

Healthy(er) Banana Muffins

2-1/2 C sifted all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
2/3 cup sugar
2 eggs

1/4 cup butter or margarine, softened
1 C mashed ripe banana
1/4 cup low fat plain yogurt
1/2 cup chopped walnuts or pecans
(optional)

Preheat oven to 350 degrees. Prepare regular-size muffin pan.

In medium bowl, sift together flour, baking powder and baking soda.

In another medium bowl, beat the sugar, eggs and butter or margarine until fluffy.

Slowly beat in the banana and yogurt. Add the flour mixture and mix just until blended.

Do not overmix or muffins will be tough. Stir in nuts (if using).

Spoon batter into prepared pan and bake on middle shelf for 20-25 minutes. Makes 12 muffins.