

## Peanut Butter Muffins

### Ingredients:

Non stick cooking spray  
 2 eggs  
 1 cup skim milk  
 1 medium banana, mashed  
 1/4 cup peanut butter, chunky  
 1/3 cup vegetable oil  
 1/4 cup apple juice, frozen concentrate,  
 thawed (left out of the freezer until  
 soft)  
 1/4 cup nonfat dry milk  
 2 1/4 cups whole wheat flour  
 1 1/2 teaspoons baking powder  
 1 teaspoon baking soda

### Equipment:

Muffin tin  
 Medium mixing bowl  
 Small mixing bowl  
 Measuring cups  
 Measuring spoons  
 Spatula

Number of Servings: 12  
 Prep Time: 10 minutes  
 Total time: 35 minutes

### Directions

1. Preheat oven to 350°F. Spray a muffin tin with non stick cooking spray or line with paper liners, set aside.
2. Crack the egg into a glass and check for shells and freshness. If it is OK, add to bowl. Use a fork to beat.
3. In a medium bowl, combine the milk, mashed banana, peanut butter, vegetable oil, apple juice, dry milk, and the eggs from the small bowl. Mix with a mixing spoon until the mixture is creamy.
4. In a large bowl, add the flour, baking powder. Stir the banana mixture into the dry ingredients and mix until moist. Mixture will be lumpy.
5. Fill each muffin cup about 2/3 of the way up with batter. Bake at 350°F for about 15 minutes. When done, remove from muffin tin and allow to cool.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)

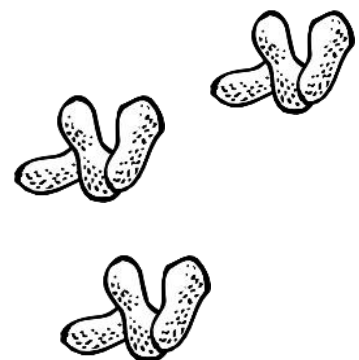


Friend us on Facebook and  
 follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 muffin	
Servings: 12	
Amount Per Serving	
<b>Calories 209</b>	Calories from Fat 90
%Daily Value*	
<b>Total Fat 10g</b>	<b>16%</b>
Saturated Fat 2g	8%
<b>Cholesterol 36mg</b>	<b>12%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 3g	13%
<b>Protein 7g</b>	<b>14%</b>
Vitamin A 2%	Vitamin C 2%
Iron 7%	Calcium 11%
*Percent Daily Values are based on a 2,000 calorie diet.	



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.