

# Banana Muffins

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Trinity Jubilee Cookbook - Trinity United Methodist Church

## Servings: 12

1 tablespoon butter  
2/3 cup sugar  
2 very ripe bananas  
1 egg  
1/4 cup sour milk  
1 1/2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

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Preheat the oven to 350 degrees.

In a bowl, cream the butter and sugar. Mash the bananas into the bowl. Add the eggs and milk, then the dry ingredients. Mix lightly.

Spoon the batter into a greased muffin pan or use paper liners.

Bake for 20 minutes.

*To make sour milk: add one tablespoon of vinegar or lemon juice to one cup of milk and set aside on the counter for 15 to 20 minutes.*

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Per Serving (excluding unknown items): 114 Calories; 2g Fat (11.9% calories from fat); 2g Protein; 23g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 239mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Miscellaneous

## Per Serving Nutritional Analysis

Calories (kcal):	114
% Calories from Fat:	11.9%
% Calories from Carbohydrates:	80.6%
% Calories from Protein:	7.5%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	20mg
Carbohydrate (g):	23g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1
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**Protein (g):** 2g  
**Sodium (mg):** 239mg  
**Potassium (mg):** 23mg  
**Calcium (mg):** 51mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 56IU  
**Vitamin A (r.e.):** 15RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 114                      **Calories from Fat:** 14

### % Daily Values\*

<b>Total Fat</b> 2g	2%
Saturated Fat 1g	4%
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 239mg	10%
<b>Total Carbohydrates</b> 23g	8%
Dietary Fiber trace	2%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	0%
<b>Calcium</b>	5%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.