

Sweet Banana Cream Cheese Muffins

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Yield: 12 muffins

*2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon Kosher salt
1/2 teaspoon ground cinnamon
3/4 cup granulated sugar
4 ounces cream cheese (not whipped), room temperature
1/4 cup plain Greek yogurt, room temperature
1 teaspoon vanilla extract
2 large eggs, room temperature
4 to 5 overripe bananas, peeled
confectioner's sugar (for dusting)*

Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

Line a twelve-cup standard-size muffin pan with paper liners.

In a bowl, mix the flour, baking soda, salt and cinnamon. Set aside.

In a large mixing bowl, whisk the sugar, cream cheese, yogurt and vanilla until smooth and creamy, about 30 seconds. Add the eggs. Whisk 30 seconds more

Place the bananas in a two-cup glass measuring cup. Mash with a fork until mostly smooth. Measure out 1-1/2 cups. Add to the egg mixture and stir briefly. Add the dry ingredients, fold in completely. Divide the batter evenly between the liners, they will be full.

Bake for 22 to 24 minutes, until the tops spring back when lightly pressed.

Remove from the pan and cool on a wire rack.

Dust with confectioner's sugar before serving.

Per Serving (excluding unknown items): 1654 Calories; 12g Fat (6.8% calories from fat); 38g Protein; 344g Carbohydrate; 7g Dietary Fiber; 424mg Cholesterol; 3285mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fat; 10 Other Carbohydrates.