

Banana Cupcakes

Add some potassium and flavor to your cupcakes by making them banana cupcakes.

Makes: 12 Servings

Prep Time: 20 minutes

Cook Time: 22 minutes

Source: choosemyplate.gov/banana-cupcakes

Ingredients

- 1/2 cup shortening (solid vegetable)
- 3/4 cup sugar
- 2 egg (large)
- 1 teaspoon vanilla extract
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup banana (mashed)

Directions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well.
3. In a medium mixing bowl, combine flour, baking powder, baking soda, and salt.
4. Add dry ingredients (flour mixture) and bananas to creamed mixture (the egg mixture). Mix well until combined.
5. Place paper baking cups in muffin tin or lightly coat muffin tin with cooking spray. Fill muffin cups 2/3 full of batter.
6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a rack to cool.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cupcake	
Nutrients	Amount
Calories:	211
Total Fat:	10 g
Saturated Fat:	2 g
Cholesterol:	31 mg
Sodium:	203 mg
Total Carbohydrates:	29 g
Dietary Fiber:	1 g
Total Sugars:	15 g
Added Sugars:	12 g
Protein	3 g

Utensils Needed

- Large Mixing Bowl
- Medium Mixing Bowl
- Electric Mixer
- Measuring Utensils
- Muffin Pan and Cups
- Spatula

SHOPPING LIST

Average total cost without oil and seasonings: \$17.41

Average cost/serving: \$1.45

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Sugar



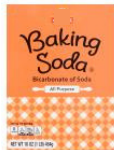
Add 1 to Cart
Flour (5 lb.)



Add 1 to Cart
Dozen Eggs



Add 1 to Cart
Bananas - 1 Bunch



Add 1 to Cart
Baking Soda



Add 1 to Cart
Shortening



Add 1 to Cart
Vanilla Extract

My Cooking Notes



Add 1 to Cart
Baking Powder

SAVE TIME, SAVE MONEY

- **Over-ripe bananas are the best for this recipe. When bananas get more ripe than you like, store them in the freezer until you have enough to make a batch.**