



Double Banana Muffins

Makes 12 muffins

Ingredients:

1 can *Maddy's Homestyle Banana Muffin Mix**
1/3 cup Canola or vegetable oil
1 cup Water
1 Medium banana



Preparation:

1. Preheat oven to 375°F.
2. Lightly spray 12 muffin cups with non-stick cooking spray.
3. In a small bowl, mash 1 medium banana.
4. Stir *Maddy's Homestyle Banana Muffin Mix*, water, oil and mashed banana in large bowl.
5. Fill each muffin cup 2/3 full.
6. Bake 25-27 minutes or until a toothpick inserted in center comes out clean.
7. Cool 10 minutes before removing from muffin pan. Cool completely; store in airtight container.

Nutritional Information

Serving size	Calories	Protein, g	Phenylalanine, mg	Leucine, mg
Per Muffin	209	0.4	12.6	24.8

* Applied Nutrition