

Chocolate Delight Banana Muffins

Serves 8

Ingredients

1 1/2 cups reduced-fat biscuit baking mix
3/4 cup SLENDA Granular
1/4 cup unsweetened cocoa powder
1 teaspoon baking powder
1/2 teaspoon soda
1 cup (3 medium) mashed ripe bananas
1 egg, or equivalent in egg substitute
1/4 cup reduced-calorie margarine
1/4 cup fat-free milk
2 tablespoons fat-free sour cream
1/4 cup mini chocolate chips
1/4 cup chopped walnuts



Directions

Preheat oven to 375 degrees. Spray 8 wells of a 12-hole muffin pan with butter-flavored cooking spray or line with paper liners. In a large bowl, combine baking mix, SLENDA, cocoa, baking powder and baking soda. In a small bowl, combine mashed bananas, egg, margarine, milk, and sour cream.

Add banana mixture to baking mix mixture. Mix gently just to combine. Fold in chocolate chips and walnuts. Evenly spoon batter into prepared muffin wells.

Bake for 20 to 23 minutes or until a toothpick inserted in center comes out clean. Place muffin pan on a wire rack and let set for 5 minutes. Remove muffins from pan and continue cooling on wire rack.

HINT: Fill unused muffin wells with water. It protects the muffin tin and ensures even baking.

Each serving equals:

208 Calories – 8 gm Fat – 4 gm Protein – 30 gm Carbohydrate - 487 mg Sodium – 85 mg Calcium
- 2 gm Fiber

Diabetic Exchanges: 1 Starch - 1 Fat - 1 Fruit

Recipe: Barbara Sammons