

NANNER NUT MUFFINS

MAKES 24

- 1 cup shortening
- 3 tablespoons butter
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 3 eggs
- 1-1/4 teaspoons banana extract
- 1 cup creamy peanut butter
- 3 cups all-purpose flour
- 2-1/2 teaspoons baking powder
- 1 teaspoon salt
- 4 large bananas, mashed

TOPPING:

- 1/4 cup peanuts, crushed
- 1/4 cup light brown sugar

- Preheat oven to 375° F. Lightly grease regular-size muffin pans, set aside.

- Cream shortening and butter; gradually add granulated sugar, beating until light and fluffy. Add eggs one at a time, beating well after each egg. Add banana extract and peanut butter, mix well and set aside.

- Combine flour, baking powder and salt. Gradually add to creamed mixture, stirring well until blended. Gently fold bananas into mixture. Spoon mixture into muffin pans, filling 2/3 full. Set aside.

- Combine peanuts and brown sugar, mix well. Sprinkle each muffin with topping mixture. Bake for 15 minutes. Remove from oven and let muffins cool on rack.

- Note: Batter can be stored in refrigerator for 1 week.

Nutritional Analysis per serving: calories 289, protein 6 g, carbohydrates 31 g, fat 17 g (5 g saturated), cholesterol 30 mg, sodium 199 mg, calcium 18 mg.

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