

Banana Cranberry Muffins

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup sugar
- 2 tsp baking powder
- 1/8 tsp salt
- 2 large eggs
- 1/2 cup vegetable oil
- 3/4 cup 1% milk
- 1 tbsp vanilla extract
- 4 medium bananas
- 2 cups dried cranberries

Notes

Number of Portions: 16

Serving Size: 1 each

Nutrition Facts: 254 calories, 7.87 g fat, 1.34 g saturated fat, 78 mg sodium, 43.55 g carbohydrate, 2.28 g fiber, 16.9 g sugar, 3.29 g protein

Directions

1. Preheat Convection oven to 325°F or Conventional oven to 350°F.
2. Line muffin tins with paper cups then set aside.
3. In a small bowl, combine flour, sugar, baking powder, and salt, then set aside.
4. In a mixing bowl or mixer, beat eggs, oil, milk, vanilla, and bananas together. Gently mix in dry mixture just until moist. Do not over mix. Stir in cranberries.
5. Portion batter into paper-lined muffin tins using #16 scoop or fill 2/3 of the way full.
6. Bake for 25 to 30 minutes. Let cool, then sprinkle with powdered sugar if desired.