

# Banana- Gingerbread Muffins

LO CAL / LO FAT / LO CHOL

PREP: 5 MIN; BAKE: 20 MIN

16 MUFFINS

*The best bananas to use for baking have skins turning brown with black spots, and they are soft to the touch. Why? They will provide more moistness and full banana flavor.*

1 package (14.5 ounces) gingerbread cake and cookie mix

1 cup mashed very ripe bananas (2 medium)

3/4 cup quick-cooking or old-fashioned oats

3/4 cup water

1/4 cup fat-free cholesterol-free egg product  
or 2 egg whites

Heat oven to 375°. Grease bottoms only of 16 medium muffin cups, 2 1/2 × 1 1/4 inches, or line with paper baking cups. Mix gingerbread mix (dry) and remaining ingredients until well blended.

Divide batter evenly among muffin cups. Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.

**1 Muffin:** Calories 135 (Calories from Fat 25); Fat 3g (Saturated 1g); Cholesterol 0mg; Sodium 180mg; Carbohydrate 26g (Dietary Fiber 1g); Protein 2g  
**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

**Diet Exchanges:** 1 starch, 1 fruit