

Banana Cupcakes


Kids like these best!



Level: Medium

Makes: 12

Kids' Tool Kit

Electric mixer 
Mixing bowls, large and medium
Wooden spoon
Rubber spatula
Measuring cups
Measuring spoons
Cookie or ice cream scoop
Paper baking cups
Muffin tin



Ingredients:

- 1/2 cup solid shortening
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed ripe bananas (2-3 bananas)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well.
3. In a medium mixing bowl, combine flour, baking powder, baking soda and salt.
4. Add dry ingredients and bananas to creamed mixture, mixing until just combined.
5. Place paper baking cups in muffin tin or lightly coat with cooking spray. Fill muffin cups 2/3 full with batter.
6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a cooling rack.

Chef's Choice

Banana Cupcake
Low fat milk

Nutrition Facts

Serving Size 1 cupcake (75g)
Servings Per Container 12

Amount Per Serving
Calories 220 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 2.5g 12%

Cholesterol 35mg 12%

Sodium 200mg 8%

Total Carbohydrate 32g 11%

Dietary Fiber 1g 5%

Sugars 18g

Protein 3g

Vitamin A 2% • Vitamin C 4%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Kids of all ages will have fun stirring-up these cupcakes! Use an extra large bowl for mixing and stirring so ingredients stay in the bowl and don't spill on the countertop. Premeasure some ingredients so kids can get to the fun of mixing quickly. Set a wet cloth under the mixing bowl to keep it from slipping. An easy way to fill muffin cups is to use an ice cream or cookie scoop. While cupcakes are baking, help kids put ingredients away, wash dishes and get ready to sample!



Safety Tip: This batter contains raw eggs. Remember to explain to kids that raw eggs can make us sick - especially young children. So no licking the bowl or spoon! Wait until the cupcakes are baked before sampling!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.