

Low-Point Peanut Butter Banana Muffins

Ingredients:

- 1 1/2 cups mashed ripe bananas (about 5 bananas makes 1 1/2 cups)
- 1/3 cup plain fat free yogurt
- 1/3 cup Skippy Whipped Peanut Butter
- 3 Tbs melted butter (Land O Lakes Light)
- 2 large eggs
- 1/2 cup Splenda granulated sugar substitute
- 1/2 cup brown sugar
- 1 1/2 cups flour
- 3/4 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground allspice
- Pam cooking spray

Crumb Topping

Ingredients:

- 1 Tbs butter, melted
- 1/2 cup brown sugar
- 2 Tbs flour

For Muffins: Preheat oven to 350 degrees. Spray cupcake pan with Pam cooking spray. Combine first five ingredients in a large bowl and beat with mixer at medium speed. Add Splenda and brown sugar and beat until well blended. Combine flour and next five ingredients in a separate bowl and mix. Gradually add flour mixture to the first five ingredients and beat just until blended. Spoon mixture into cupcake pans (do not overfill). Bake for 15 to 17 minutes or until toothpick comes out clean when inserted into the middle. For crumb topping, mix crumb topping ingredients together and sprinkle on top of muffins before baking (if desired).

Total servings = 20

Serving size = 1

Points per serving = 2.5 without crumb topping; 3 with crumb topping

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)