

Banana Spice Muffins

2 1/2 cups all-purpose flour
1/3 cup granulated sugar
1/3 cup packed brown sugar
1 Tbsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 tsp. ground allspice
1 tsp. ground ginger
1 cup mashed ripe banana
2/3 cup nonfat milk
1/3 cup low fat or nonfat buttermilk
1/3 cup light ricotta cheese
2 Tbsp. vegetable oil
1 Tbsp. vanilla extract
1 large egg white
1 large egg

Preheat oven to 400°F. Combine first 8 ingredients in a large bowl, and make a well in center of mixture. Combine banana and remaining ingredients in a bowl, and add to flour mixture. Stir just until moist. Spoon batter into 18 muffin cups coated with cooking spray. Bake for 18 minutes or until done. Remove from pans immediately, and cool on a wire rack.

Courtesy of Suzanne Cook and Company