

## Recipe of the Day

### Banana Muffins *(thanks to Linnea Corbett,- Kelowna, BC)*

Here is a muffin that will compliment any breakfast. You may like to freeze the extra muffins so that on a rushed morning you can warm up a couple.

Start by mixing these wet ingredients with a blender:

- 1 package Sunrise dessert tofu**
- ¼ cup oil**
- 3 mashed bananas**
- 1 tsp. Vanilla**
- 1 T. lemon juice**

Then fold into these dry ingredients:

- 2 cups flour** *(1 cup whole wheat, 1 cup white)*
- 1 tsp. Baking soda**
- 1 T. Baking powder**
- ½ tsp. Salt**
- 2 T. egg replacer powder**
- ½ cup pecan pieces**

Fill muffin cups about 2/3 full.

Bake 350 degrees about 30 minutes.

Check with a toothpick inserted in the center... it should come out clean.

Transfer muffins to a cooling rack.

#### NutritionFacts

per serving  
makes 12 servings

##### Amount per serving

**Calories** 204

Calories from fat 88

##### % Daily Value \*

**Total Fat 9.8g** 15%

Saturated Fat 1.2g 6%

**Cholesterol 14mg** 5%

**Sodium 357mg** 15%

**Total Carbohydrate 22.6g** 8%

Dietary Fiber 2.5g 10%

##### Protein 6.3g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

##### Additional Information

43.2% of calories from Fat  
44.4% from Carbohydrates  
12.4% from Protein