



THE ingles TABLE

with Sarah Elizabeth
Banana Bread Muffins

Shopping List

- 1/2 Cup Slightly Softened Butter
- 1/2 Cup Sour Cream
- 1 Cup Sugar
- 1 tsp Vanilla
- 1 1/2 Cups Flour
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 1/4 tsp Nutmeg
- 2 Eggs
- 2 or 3 Very Ripe/Brown Bananas

Cooking Instructions

- 1) Preheat oven to 350 degrees.
- 2) Cream eggs, sugar, butter and vanilla in mixer.
- 3) Add dry ingredients and mix.
- 4) Add bananas and sour cream.
- 5) Spoon batter in lined muffin tin or greased loaf pan and bake:
 - Muffins: 15-18 minutes
 - Loaf Pan: 1 hour



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