Peanut Butter Banana Muffins

- An easy to prepare recipe for a higher calorie and protein comforting treat.
- Good to have on hand for snacking at times of fatigue or decreased appetite.
- Try adding cocoa powder, chocolate chips, cinnamon, walnuts, or serve with extra peanut butter on top!
- Yields 12 muffins.

Ingredients:
- 8 oz. package banana nut muffin mix
  (or ½ of a 15.5 oz. box)
- 1 cup whole milk
- 2/3 cup nonfat dry milk
- 1 cup smooth peanut butter
Directions:

1. Preheat oven to 400 degrees (F). In a 12 serving muffin pan use paper cups or non-stick spray.

2. In a large mixing bowl, combine whole milk, dry milk, and muffin mix.

3. In a small microwave safe dish, microwave peanut butter for 30 seconds or until soft. Add peanut butter to other ingredients in the large mixing bowl and stir until blended.

4. Fill each muffin cup 2/3 full. Bake on center rack for 15 minutes or until tops of muffins begin to brown.

Nutrition Information (per muffin):
303 calories, 9 gm protein, 2 gm fiber, 305 mg potassium.