National Starch FOOD INNOVATION
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Natural Hi-maize Resistant Starch

Banana Nut Muffins with Hi-maize® 260

Offers approximately 5 grams of fiber per serving

Ingredients	Measurements
Banana, Mashed	1 3/4 cup
Eggs (large eggs)	3 eggs
Sugar	1 heaping cup
Margarine	6 Tbsp
Vanilla extract	1 tsp
Low-fat Buttermilk	about 1/3 cup
Salt	1/2 tsp
All Purpose Flour	1 2/3 cup
Hi-maize® 260 Resistant Starch	**1 1/2 cup**
Baking Soda	4 tsp
Walnuts, Chopped	1 cup

PREPARATION:
Yields approximately 2 dozen muffins

1. Cream softened margarine & sugar.
2. Add eggs, vanilla, buttermilk, banana puree & mix.
3. Add blended dry ingredients & mix.
4. Fold in chopped nuts.
5. Fill prepared muffin cups 2/3 full.
6. Bake at 350° F for 20-22 minutes.

Nutrition Facts

Serving Size (55g)
Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**6%**
Cholesterol 25mg	**8%**
Sodium 170mg	**7%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 5g	**19%**
Sugars 11g	
Protein 2g	

Vitamin A 4% • Vitamin C 2%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Note-The Nutrition Facts panel above is based solely on the formula shown and does not account for any changes that may occur processing or baking.

The information given is offered in good faith, but without guarantee. No patent liability is assumed.