

Banana Cupcakes (lactose-free)

Ingredients:

2 sticks of Earth Balance (softened but not melting)
1 1/4 cups granulated white sugar
3 teaspoons of vanilla
3 eggs
1 cup (approx.) mashed bananas, beaten very smooth
2 cups Bisquick (I used lowfat in the white box)

Preheat your oven to 350 and put cupcake liners in two tins.

Mash the bananas and then beat them till smooth. We used our new [immersion blender](#) which is the ideal too for this type of job and also super easy-to-clean -- unlike the mixer which we will use for the rest of the recipe! Once the bananas are ready, stir in the vanilla. Yes, I use a lot of vanilla. I could even be a vanilla-holic. I like the way it tastes.

Cream the Earth Balance (or butter, if you prefer) and sugar until the mixture is just that -- creamy. I use an electric mixer but if you need the upper body workout, you could do it by hand. The key here is to allow the shortening to reach room temperature before you begin but not be too soft. You don't want it melting on you or it will spoil your crumb.

Add the eggs -- one at a time. Incorporate completely. Now comes the tricky part. You will be alternating the banana mixture and the Bisquick (though you can sub the dry ingredients in my [layer cake recipe](#) if you don't like Bisquick). You want to end on dry ingredients and you must not over beat at this point. Once the flour goes in, you risk a tough cupcake if you over beat. I wish someone had told me years ago to use the paddle attachment instead of the whisk-looking one on my mixer. Now I'm telling you.

Pour your smoothly beaten batter to half fill the muffin cups and bake about 20 minutes or until a toothpick comes out clean to the center of the center muffin. Cool completely before attempting to frost -- let alone adding googly eyes (edible ones). We made a cream cheese frosting and you can find my vegan cream cheese frosting recipe [here](#). I'm ashamed to admit that I was out of Earth Balance so I threw a stick of regular butter in the blender, dumped a whole bunch of powdered sugar in and a dollop of cream cheese and beat it till it looked like frosting. That's not a recipe but it does work. Frosting makes itself. This recipe yields two dozen cupcakes.