Banana Cupcakes with Cream Cheese Frosting

Cupcakes:

3/4 cup granulated sugar, divided

1/2 cup mashed ripe bananas

1/4 cup butter or stick margarine, softened

1 teaspoon vanilla extract

2 large eggs

1 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
1/4 cup plain fat-free yogurt

Frosting:

1 3/4 cups powdered sugar
1/2 cup (4 ounces) 1/3-less-fat cream cheese, chilled
1/2 teaspoon vanilla extract
2 tablespoons finely chopped walnuts, toasted

Preheat oven to 350°.

To prepare cupcakes, combine 1/4 cup granulated sugar and banana; set aside. Beat 1/2 cup granulated sugar, butter, and 1 teaspoon vanilla at medium speed of a mixer until well-blended (about 3 minutes). Add eggs, 1 at a time, beating well after each addition. Add banana mixture to sugar mixture, beating well. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking soda, salt, and nutmeg in a bowl, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture; mix after each addition.

Spoon batter into 12 muffin cups lined with paper liners. Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

To prepare the frosting, beat the powdered sugar, chilled cream cheese, and 1/2 teaspoon vanilla at medium speed of a mixer just until blended (do not overbeat). Spread frosting over cupcakes, and sprinkle with toasted walnuts.