

# Banana Oat Muffin

Simple low fat muffins banana oat. Kind of like single serving banana bread with lower sugar, fats and with more fiber from the oats.



## PREP TIME

10 mins

## COOK TIME

25 mins

## TOTAL TIME

35 mins



## COURSE

Breakfast, Dessert, Snacks



## SERVINGS

12 muffins

## CALORIES

145 kcal

## INGREDIENTS

- 250 g Banana very ripe
- 1 c stevia in the raw baking mix
- 1 Tbsp vanilla extract
- 1 tsp cinnamon
- 1 1/2 c Vanilla Unsweetened Almond Milk vanilla, unsweetened
- 2 Tbsp Earth Balance melted
- 2 c white flour
- 1 c Oats - Dry
- 2 tsp baking powder
- 1/4 tsp Salt

## INSTRUCTIONS

1. Preheat oven to 350° F/175°C. Spray a 12 muffin tin with cooking spray.
2. In small bowl, mash the bananas with a fork until gooey.
3. Mix in the stevia, cinnamon, vanilla, almond milk and earth balance.
4. In another, larger bowl, mix together flour, oats, baking powder and salt.

5. Create a small well in the dry mix and pour in the banana mixture and mix until just mixed.
6. Fill each muffin tin with about 1/4 c. of batter, evenly, until the mixture is gone.
7. Bake for 25 minutes and let cool completely before eating.

## NUTRITION

### Nutrition Facts

Banana Oat Muffin

Amount Per Serving

**Calories** 145      Calories from Fat 27

**% Daily Value\***

**Fat** 3g      **5%**

**Carbohydrates** 26g      **9%**

**Protein** 3g      **6%**

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!