

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!