

# Banana Oat Muffins

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<u>Nutrition Facts:</u>	
Yield	12
Serving Size	1 muffin
Calories	95
Total Fat	1.5 g
Sugar	4.5 g
Fiber	3.3 g
Carbohydrate	17 g
Protein	6.3 g

## **Ingredients Needed:**

- 1 2/3 cups oat bran
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 medium banana, mashed
- 1/2 cup unsweetened applesauce
- 1/2 cup nonfat plain Greek yogurt
- 2 large egg whites (or 1 egg)
- 1 tsp vanilla extract
- 1/4 cup vanilla protein powder (optional)



## **Recipe Directions:**

1. Preheat oven to 400 degrees F, and spray 12-cup muffin tin with nonstick cooking spray.
2. In a medium bowl whisk together oat bran, protein powder, baking powder and cinnamon.
3. In a separate large bowl, mix mashed banana, applesauce, Greek yogurt, egg whites, and vanilla together until smooth.
4. Add wet ingredients to dry ingredients and mix until just combined and let batter sit two minutes to thicken.
5. Pour batter into 12 muffin cups and bake 15 minutes, or until toothpick inserted into center comes out clean.
6. Cool for 10 minutes before enjoying!