

Banana Oatmeal Muffin Recipe

Yields: 12 muffins
Serving size: 1 muffin



Ingredients

- 2 cups dry oatmeal
- 2 scoops skim milk powder
- 2 bananas
- 4 egg whites
- 1 tsp baking soda
- 1 tbsp vanilla extract
- 1 tsp cinnamon



Recipe adapted from:
<https://www.familyfreshmeals.com/2012/08/irenes-power-muffins.html>

Additional ingredients can include:

*1 cup of almonds, raisins, raisins, walnuts, or a mix of them all
1 tbsp chia, flax, or hemp seed*

Directions

- Preheat oven to 350 degrees. Mix all ingredients together
- Divide mixture into muffin pan (for 12 muffins)
- Bake for 12-15 minutes

**Try this quick and easy recipe OR
Switch it up with the next banana muffin recipe**

Find out more

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Nutrition in Action
FUEL, NOURISH, THRIVE

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PB Banana Muffin Recipe

Yields: 15 muffins
Serving size: 1 muffin



Ingredients

- 2 cups white whole-wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/4 tsp. ground cinnamon
- 1 3/4 cup mashed bananas (about 4 large bananas)
- 1/4 cup packed light brown sugar
- 1/4 cup pure honey
- 1 Tbsp. coconut oil, melted and cooled
- 1 large egg
- 1 tsp. vanilla extract
- 1/4 cup creamy peanut butter
- 1/2 cup milk

Additional ingredients can include:

1 cup of almonds, raisins, craisins, walnuts, or a mix of them all

1 tbsp chia, flax, or hemp seed

1/2 cup skim milk powder



PB Banana Muffin Recipe

Yields: 15 muffins
Serving size: 1 muffin



Directions

- Preheat the oven to 350 degrees F
- Line a muffin pan with paper liners and set aside.
- In a medium bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon. Set aside.
- Peel the bananas and mash with a fork until smooth. Place the mashed bananas in the bowl of a stand mixer. Add the brown sugar, honey, coconut oil, egg, vanilla and beat until combined. Add in the peanut butter and beat until smooth. Add the flour mixture and milk alternately, starting and ending with the flour. Mix until just combined. Don't overmix.
- Fill muffin liners three-quarters full. Sprinkle with turbinado sugar, if desired. Bake until toothpick inserted into center comes out clean, about 20-22 minutes. Transfer to wire rack to cool.
- Suggested: Serve muffins with peanut butter and a drizzle of honey.
- Store, covered, at room temperature for up to 3 days.
- Note—these muffins freeze well. To reheat, place muffin in the microwave for about 30 seconds.

Nutritional information

- Calories: 135
- Protein: 4 grams
- Carbs: 23 grams
- Fat: 4 grams

