

RECIPE

Banana Oatmeal Muffins

These muffins make a great on-the-go breakfast or snack.

Makes: 12 servings

Prep Time: 15 minutes

Cook Time: approx. 20 minutes

Source: <https://foodhero.org/recipes/banana-oatmeal-muffins>

Ingredients

- 1 cup oats (quick-cooking or old fashioned)
- 1/4 cup low-fat milk
- 2 eggs
- 1/3 cup vegetable oil
- 1 cup mashed ripe banana
- 1 1/2 cups whole wheat flour
- 1/2 cup sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Directions

1. Wash hands with soap and water
2. Preheat oven to 400°F. Lightly grease the bottoms and sides of 12 muffin cups.
3. In a medium bowl, mix together the oats, milk, eggs, oil, sugar, and mashed banana. Let this mixture stand for at least 10 minutes.
4. In a large bowl, stir together the flour, baking powder, baking soda, and salt.
5. Add oat mixture to dry ingredients and stir gently to mix until just moistened.
6. Fill muffin cups 3/4 full
7. Bake until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 muffin

Nutrients	Amount
Calories:	200
Total Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	30 mg
Sodium:	250 mg
Total Carbohydrates:	29 g
Dietary Fiber:	3 g
Total Sugars:	11 g
Added Sugars:	8 g
Protein	5 g

Utensils Needed

- 12-cup muffin pan
- Fork
- Medium and large bowls
- Measuring cups/spoons
- Mixing spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$12.11

Average cost/serving: \$1.01

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Oats 14 oz \$4.09



Add 1 to Cart
1% Milk half gallon : \$1.89



Add 2 to Cart
Banana \$.29



Add 1 to Cart
Eggs half dozen: \$1.09



Add 1 to Cart
Whole Wheat Flour (5 lb):
\$2.34



Add 1 to Cart
Granulated sugar: 2.12

SAVE TIME, SAVE MONEY

Cooking Tips

- To bake as Banana Oatmeal Bread, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.
- You can line the muffin pan with paper muffin cups instead of using cooking spray, if you like.
- Make a double batch. Muffins freeze well for up to 2 weeks. Pull one out each morning for a grab-and-go breakfast. Reheat in microwave for 1 min or toaster oven for 5 minutes.

My Cooking Notes