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

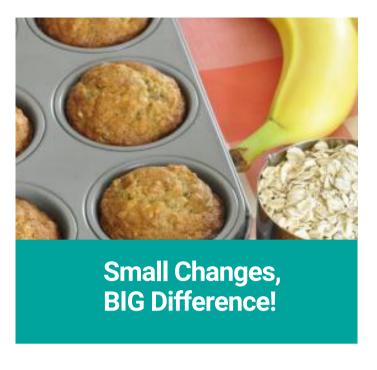
Source: https://foodhero.org/recipes/banana-oatmeal-muffins

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
- 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.
- 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.







Nutrition Information

Serving Size: 1 muffin Nutrients Amount Calories: 200 Total Fat: 8 g Saturated Fat: <u>1</u> g Cholesterol: 30 mg 250 mg Sodium: Total Carbohydrates: 29 g **Dietary Fiber:** 3 g <u>11 g</u> Total Sugars: Added Sugars: 8 g Protein <u>5 g</u>

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

