



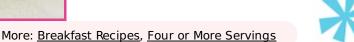


Banana Walnut Blender Muffins



1/12th of recipe (1 muffin): 101 calories, 2.5g total fat (<0.5g sat. fat), 187mg sodium, 19g carbs, 2g fiber, 3.5g sugars, 5.5g protein

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

2 cups old-fashioned oats

1 cup mashed very ripe bananas (about 3 medium bananas)
1 cup fat-free plain Greek yogurt
1/2 cup egg whites or fat-free liquid egg substitute
1/4 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)

1/4 cup unsweetened vanilla almond milk

1 1/2 tsp. baking powder

1 tsp. cinnamon

1 tsp. vanilla extract

1/2 tsp. baking soda

1/4 tsp. salt

1 oz. (about 1/4 cup) chopped walnuts

Directions

Preheat oven to 400 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a blender, pulse oats to the consistency of coarse flour.

Add all remaining ingredients except walnuts. Continue to blend at high speed until completely smooth and uniform, stopping and stirring if needed.

Fold in 1/2 oz. (about 2 tbsp.) walnuts. Evenly fill the muffin pan with batter, and smooth out the tops. (Cups will be full.)

Sprinkle with remaining 1/2 oz. (about 2 tbsp.) walnuts, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, about 16 - 18 minutes.

MAKES 12 SERVINGS

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HG FYI: If using foil baking cups, let cool completely before eating to prevent sticking.

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