



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

[Click for WW Points® value*](#)

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

More: [Breakfast Recipes](#), [Four or More Servings](#)



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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

