

Banana Flax Muffins

Servings: 4 mini muffins

RECIPE BOX

INGREDIENTS

2 CUPS OATS
1/2 CUP SUGAR
1 TEASPOON BAKING POWDER
1 TEASPOON BAKING SODA
4 TABLESPOONS FLAXSEEDS
2 RIPE BANANAS
6 OUNCES PLAIN GREEK YOGURT
2 EGGS
1 TEASPOON VANILLA



DIRECTIONS:

STEP 1: Ground 1 cup oats in a food processor. Then mix ground oats with remaining cup of oats and all dry ingredients.

STEP 2: In a separate bowl, mash bananas. Add all remaining wet ingredients, mix. Add to dry ingredients and mix.

STEP 3: Bake in mini muffin tin for 10 minutes at 350.

*Makes 4 dozen mini muffins

*Flaxseed is optional, but always a great addition of omega 3s. What is the best way to get omega 3's? <https://members.momsintofitness.com/can-i-get-my-omega-3s-from-chia-flax-and-supplements/>

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 176, Total Fat 3g, Carbs 31g, Protein 7g, Fiber 4g, Sugars 11g.

moms into fitness
& nutrition