



## 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

**SmartPoints®** value 2\*

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

Tagged: [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.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.