



## PB-Nana Mini Ruffin' Muffins



1/24th of recipe (1 muffin): 36 calories, 1g total fat (<0.5g sat. fat), 39mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 1g protein

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**Prep:** 15 minutes    **Cook:** 30 minutes

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### Ingredients

1 1/2 cups old-fashioned oats  
1 tsp. baking powder  
1/4 tsp. baking soda  
1/8 tsp. cinnamon  
1 cup mashed very ripe bananas (about 2 medium bananas)  
1/4 cup (about 2 large) egg whites  
1 1/2 tbsp. room-temp natural peanut butter (no salt or sweetener added)  
1/4 cup peeled and grated Fuji or Gala apple, thoroughly blotted dry  
1/4 cup grated carrot

### Directions

Preheat oven to 350 degrees. Spray a 24-cup mini muffin pan (or 24 cups of two smaller mini muffin pans) with nonstick spray.

Place oats in a small blender or food processor, and pulse until reduced to the consistency of a coarse flour.

In a large bowl, combine ground oats, baking powder, baking soda, and cinnamon.

In a medium-large bowl, combine all remaining ingredients *except* apple and carrot. Add 1/2 cup water and stir until uniform.

Add contents of the medium-large bowl to the large bowl, and mix until uniform.

Fold in apple and carrot. Evenly fill muffin pan with batter, and smooth out the tops.

Bake until a toothpick inserted into the center of a muffin comes out clean, 25 - 27 minutes.

### MAKES 24 SERVINGS

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