



Banana Berry Oatmeal Muffins



1/12th of recipe (1 muffin): 91 calories, 2g total fat (0.5g sat fat), 125mg sodium, 15.5g carbs, 2g fiber, 4g sugars, 3g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

2 cups old-fashioned oats
1 tsp. baking powder
1/2 tsp. baking soda
1 cup (about 2 medium) mashed ripe banana
1/2 cup egg whites (about 4 large) or fat-free liquid egg substitute
1/4 cup unsweetened vanilla almond milk
2 tbsp. light butter, melted
1 tsp. vanilla extract
1 cup freeze-dried berries (strawberries, blueberries, raspberries, etc.)

Directions

Preheat oven to 350°F. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, combine oats, baking powder, and baking soda. Mix well. Add banana, egg, almond milk, butter, and vanilla. Stir until uniform.

Fold in freeze-dried fruit. Evenly fill the muffin pan with batter, and smooth out the tops.

Bake until a toothpick inserted into the center of a muffin comes out clean, about 22 minutes.

MAKES 12 SERVINGS

[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.