



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

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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

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