



Banana Chocolate Chip Blender Muffins



1/12 of recipe (1 muffin): 109 calories, 2.5g total fat (1g sat. fat), 191mg sodium, 25.5g carbs, 2g fiber, 6g sugars, 5g protein

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



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Ingredients

2 cups old-fashioned oats
1 cup (about 3 medium) mashed very ripe bananas
1 cup fat-free plain Greek yogurt
1/2 cup (about 4) egg whites or liquid egg substitute
1/2 cup natural no-calorie sweetener that measures like 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
1/4 cup mini semi-sweet chocolate chips, divided

Directions

Preheat oven to 400°F. 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 chocolate chips. Blend at high speed until completely smooth and uniform, stopping and stirring if needed.

Fold in 2 tbsp. chocolate chips. Evenly fill the muffin pan with batter, and smooth out the tops. (Cups will be full.)

Top with remaining 2 tbsp. chocolate chips. Lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16–20 minutes.

MAKES 12 SERVINGS

HG FYI: If using foil baking cups, let cool completely before eating to prevent sticking.

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