



## 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

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan ([Freestyle™](#)) [SmartPoints](#)® value 1\***

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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

[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.)

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