



## Mini Banana Oatmeal Muffins

**Prep: 20 minutes**

**Bake: 20 minutes • Makes: 24 mini muffins**

Nonstick baking spray

- 1 cup old-fashioned rolled oats
- 1 large egg, lightly beaten
- 1 large ripe banana, mashed
- $\frac{3}{4}$  cup nonfat Greek yogurt
- $\frac{1}{4}$  cup plain or cinnamon applesauce
- $\frac{1}{4}$  cup unsweetened almond or coconut milk
- 3 tablespoons honey
- 1 teaspoon ground cinnamon
- $\frac{3}{4}$  teaspoon baking powder
- $\frac{3}{4}$  teaspoon vanilla extract
- $\frac{1}{8}$  teaspoon salt

Toppings: almond or peanut butter; blueberries, pomegranate seeds or raspberries; chopped apples, cashews, dark chocolate; dried apricots, mangoes or strawberries; sliced almonds; pecan pieces; toasted coconut (optional)

**1.** Preheat oven to 350°F. Spray mini muffin tin with baking spray. In large skillet, toast oats over medium heat 8 minutes or until golden brown, stirring occasionally.

**2.** In large bowl, whisk egg; whisk in banana, yogurt, applesauce, milk, honey, cinnamon, baking powder, vanilla extract and salt until combined. Fold oats into egg mixture until combined.

**3.** Evenly divide oatmeal mixture into prepared cups, filling  $\frac{3}{4}$  full; add toppings, if desired. Bake 20 minutes or until toothpick inserted in center of muffins comes out clean. Cover and refrigerate leftovers up to 2 days.

*Approximate nutritional values per serving (3 muffins):  
127 Calories, 2g Fat (0g Saturated), 31mg Cholesterol,  
194mg Sodium, 22g Carbohydrates, 2g Fiber, 6g Protein*