



Banana Buttermilk Breakfast Muffins topped with NUTELLA®

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon maple extract

- ☐ 0.8 cup nutella
- ☐ 0.5 cup quick-cooking rolled oats
- ☐ 4 over-ripe bananas mashed
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 cup flour whole wheat

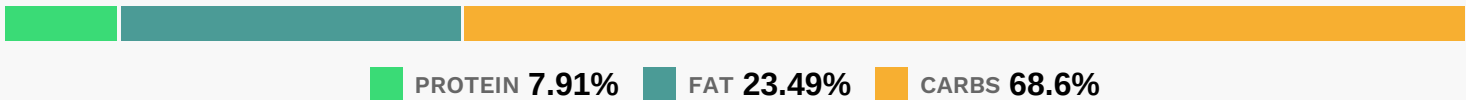
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Spray non-stick muffin pan with cooking spray.
- ☐ In a large bowl, combine flours, oats, baking powder and baking soda.
- ☐ In another bowl, whisk together bananas, eggs, sugar, applesauce, buttermilk and vanilla.
- ☐ Pour over dry ingredients and stir until just combined. Spoon into prepared muffin pan.
- ☐ Bake for 20 to 25 minutes or until a tester inserted into the center of a muffin comes out clean.
- ☐ Let cool in pan for 10 minutes.
- ☐ Transfer to rack to cool completely.
- ☐ Spread each muffin with 1 tablespoon (15 mL) of NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:34.77, Glycemic Load:20.67, Inflammation Score:-3, Nutrition Score:9.9308695197105%

Flavonoids

Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 273.91kcal (13.7%), Fat: 7.35g (11.3%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 44.47g (16.17%), Sugar: 24.83g (27.59%), Cholesterol: 28.38mg (9.46%), Sodium: 191.66mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Manganese: 0.9mg (44.87%), Selenium: 14.63µg (20.9%), Fiber: 3.82g (15.27%), Phosphorus: 137.71mg (13.77%), Vitamin B1: 0.19mg (12.57%), Magnesium: 50.1mg (12.52%), Iron: 2.16mg (11.98%), Vitamin B6: 0.23mg (11.36%), Vitamin B2: 0.19mg (11.06%), Copper: 0.2mg (9.91%), Folate: 39.29µg (9.82%), Potassium: 308.11mg (8.8%), Calcium: 84.04mg (8.4%), Vitamin E: 1.17mg (7.8%), Vitamin B3: 1.5mg (7.52%), Zinc: 0.84mg (5.57%), Vitamin B5: 0.48mg (4.83%), Vitamin C: 3.52mg (4.27%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.28µg (1.84%), Vitamin A: 85.68IU (1.71%)