



Banana-Date Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2.5 cups corn flakes/bran flakes
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup buttermilk
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup raisins pitted chopped
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose

- ☐ 1.5 teaspoons granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags
- ☐ muffin liners
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 400F. Spray bottoms only of 12 regular-size muffin cups with cooking spray, or line with paper baking cups. Spray bottoms only of paper baking cups with cooking spray. In large resealable food-storage plastic bag, coarsely crush cereal with rolling pin or meat mallet to measure 1 3/4 cups.
- ☐ In large bowl, mix crushed cereal, flour, brown sugar, baking soda and salt. In medium bowl, beat buttermilk, oil, vanilla and egg until blended.
- ☐ Add buttermilk mixture to flour mixture; stir just until dry ingredients are moistened. Stir in dates. Spoon batter into muffin cups.
- ☐ Sprinkle with coarse sugar.
- ☐ Bake 18 to 20 minutes or until light golden brown.
- ☐ Remove from pan to cooling rack.
- ☐ Serve warm or cool.

Nutrition Facts



 PROTEIN **7.49%**  FAT **29.5%**  CARBS **63.01%**

Properties

Glycemic Index:25.6, Glycemic Load:14.13, Inflammation Score:-5, Nutrition Score:8.4995651931866%

Nutrients (% of daily need)

Calories: 177.14kcal (8.86%), Fat: 6.01g (9.25%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 26.61g (9.68%), Sugar: 9.02g (10.03%), Cholesterol: 15.84mg (5.28%), Sodium: 214.54mg (9.33%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 3.43g (6.87%), Folate: 82.38µg (20.59%), Manganese: 0.41mg (20.43%), Iron: 3.21mg (17.82%), Selenium: 10.77µg (15.38%), Vitamin B1: 0.23mg (15.21%), Vitamin B2: 0.24mg (14.32%), Vitamin B3: 2.26mg (11.28%), Fiber: 2.29g (9.15%), Vitamin B12: 0.54µg (9.02%), Vitamin B6: 0.17mg (8.74%), Phosphorus: 80.52mg (8.05%), Magnesium: 26.77mg (6.69%), Vitamin E: 0.94mg (6.27%), Vitamin A: 261.13IU (5.22%), Copper: 0.09mg (4.47%), Zinc: 0.64mg (4.29%), Potassium: 148.65mg (4.25%), Vitamin D: 0.61µg (4.06%), Calcium: 37.49mg (3.75%), Vitamin K: 3.55µg (3.38%), Vitamin B5: 0.27mg (2.72%)