



Banana-Oat Muffins

 Vegetarian

READY IN



31 min.

SERVINGS



100

CALORIES



20 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup banana very ripe mashed 2 small
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup regular oats

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ

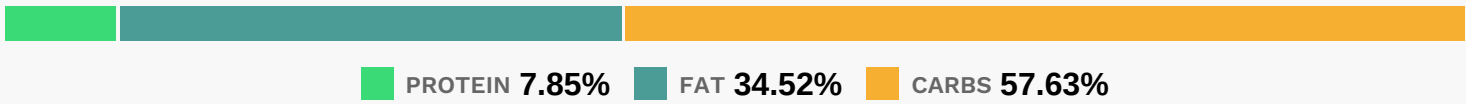
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 6 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine banana and next 4 ingredients in a small bowl; add to dry ingredients, stirring just until moist.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:0.72652174176081%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg

Nutrients (% of daily need)

Calories: 20.26kcal (1.01%), Fat: 0.79g (1.21%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.14g (1.27%), Cholesterol: 2.13mg (0.71%), Sodium: 18.51mg (0.8%), Alcohol: 0.01g (100%), Alcohol %: 0.28% (100%), Protein: 0.4g (0.81%), Manganese: 0.08mg (3.96%), Selenium: 1.08µg (1.54%), Vitamin B1: 0.02mg (1.32%), Phosphorus: 10.6mg (1.06%)