

BREAKFAST

Banana-Praline Muffins

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.23	150 kcal

Need a lacto ovo vegetarian breakfast? Banana-Praline Muffins could be an amazing recipe to try. This recipe serves 12 and costs 23 cents per serving. One portion of this dish contains around 2g of protein, 6g of fat, and a total of 161 calories.

Ingredients

- ☐ 3 small ripe bananas
- ☐ 1 large egg
- ☐ 1½ cups pancake mix
- ☐ 1 tablespoon light sour cream
- ☐ 3 tablespoons brown sugar
- ☐ ½ cup granulated sugar
- ☐ 1/3 cup chopped pecans, toasted
- ☐ 2 tablespoons vegetable oil

EQUIPMENT Bowl, Oven, Microwave, Muffin liners

Method

- 1

Stir together pecans, brown sugar, and sour cream. Set aside.
- 2

Mash bananas in a medium bowl; add egg and next 3 ingredients, stirring just until dry ingredients are moistened.
- 3

Place paper baking cups in muffin pans, and coat cups with vegetable cooking spray.
- 4

Spoon batter into muffin cups, filling three-fourths full. Carefully spoon pecan mixture evenly in center of each muffin.
- 5

Bake at 400 for 18 to 20 minutes or until golden.

- 6 Remove from pans immediately, and cool on wire racks.
- 7 Note: You can freeze muffins, if desired. To reheat, microwave at HIGH for 1 minute.

Nutrition per serving

150	2 g	6 g	22 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.1 g · 7% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			14.4 g · 16% of daily needs
Sodium			90 mg · 4% of daily needs
Cholesterol			27.4 mg · 9% of daily needs
Vitamin C			2.3 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/banana-praline-muffins-147801