



Banana Yogurt Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup bran cereal all bran® (such as Kellogg's® Original)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup cooking oil
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 0.5 cup nuts and/or raisins chopped
- ☐ 0.8 cup yogurt plain
- ☐ 0.5 teaspoon salt

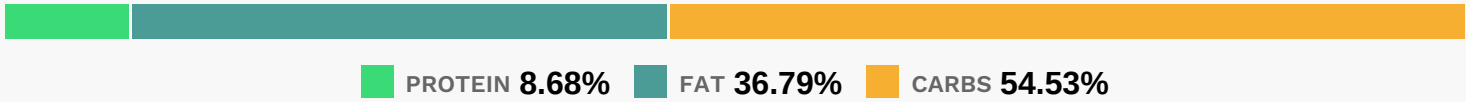
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Combine bran cereal, bananas and yogurt in a medium bowl.
- ☐ Let stand for a couple minutes to allow cereal to soften. Meanwhile, combine flour, baking powder, baking soda, salt, and nuts and/or raisins in a large bowl; set aside.
- ☐ Stir eggs, sugar and oil into bran mixture, then add to dry ingredients; stir just until combined.
- ☐ Spoon batter evenly into 12 greased or paper-lined muffin cups.
- ☐ Bake in a preheated 400 degrees F (200 degrees C) until tops spring back when pressed, about 17 to 20 minutes.
- ☐ Let muffins cool in pan for a few minutes, then remove to a wire rack to finish cooling. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:12.04782608281%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 218.67kcal (10.93%), Fat: 9.42g (14.49%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 28.44g (10.34%), Sugar: 12.77g (14.19%), Cholesterol: 29.27mg (9.76%), Sodium: 258mg (11.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin B6: 0.73mg (36.73%), Manganese: 0.67mg (33.25%), Folate: 107.64µg (26.91%), Vitamin B12: 1.09µg (18.22%), Vitamin B1: 0.27mg (17.68%), Vitamin B2: 0.3mg (17.54%), Phosphorus: 143.25mg (14.33%), Selenium: 8.67µg (12.39%), Iron: 2.14mg (11.91%), Fiber: 2.96g (11.86%), Magnesium: 44.34mg (11.08%), Vitamin B3: 2.12mg (10.6%), Copper: 0.18mg (8.93%), Zinc: 1.19mg (7.96%), Calcium: 77.47mg (7.75%), Vitamin E: 0.99mg (6.62%), Potassium: 218.5mg (6.24%), Vitamin B5: 0.44mg (4.42%), Vitamin K: 3.79µg (3.61%), Vitamin C: 2.77mg (3.35%), Vitamin A: 157.92IU (3.16%), Vitamin D: 0.38µg (2.56%)