



Beehive Banana Muffins

READY IN



40 min.

SERVINGS



6

CALORIES



489 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons butter softened
- 6.4 oz corn muffin mix
- 1 eggs
- 2 teaspoons flour all-purpose
- 0.3 cup honey
- 1.5 cups honey
- 2 teaspoons brown sugar light packed
- 0.5 cup milk
- 1 tablespoon vegetable oil

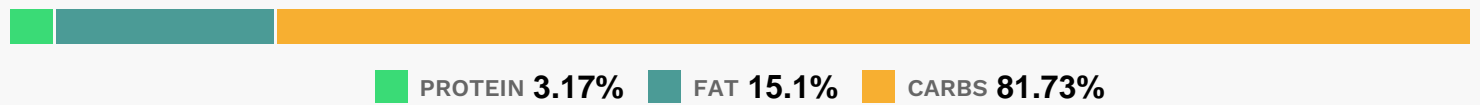
Equipment

- bowl
- oven
- ziploc bags
- muffin liners
- rolling pin

Directions

- Heat oven to 400F.
- Place paper baking cup in each of 6 regular-size muffin cups or spray bottoms only of muffin cups with cooking spray.
- Place 1/4 cup cereal in resealable food-storage plastic bag; seal bag. Using rolling pin, slightly crush cereal; pour into small bowl. Stir in flour, brown sugar and butter until crumbly. Set aside.
- Place 1 1/2 cups cereal in resealable food-storage plastic bag; seal bag. Using rolling pin, slightly crush cereal; set aside. In medium bowl, place muffin mix, milk and oil. Stir in egg just until moistened (batter will be lumpy). Stir in crushed cereal. Divide batter evenly among muffin cups.
- Sprinkle streusel evenly over tops.
- Bake 15 to 20 minutes or until muffins are golden brown and tops spring back when touched lightly. Immediately remove from muffin cups. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.26, Glycemic Load:43.21, Inflammation Score:-2, Nutrition Score:5.7891303404518%

Nutrients (% of daily need)

Calories: 489.18kcal (24.46%), Fat: 8.65g (13.31%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 105.32g (35.11%), Net Carbohydrates: 103.14g (37.51%), Sugar: 89.63g (99.59%), Cholesterol: 30.32mg (10.11%), Sodium: 285.26mg

(12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Phosphorus: 188.04mg (18.8%), Vitamin B2: 0.19mg (10.9%), Vitamin B1: 0.15mg (9.92%), Manganese: 0.18mg (9.13%), Fiber: 2.18g (8.73%), Folate: 34.8µg (8.7%), Selenium: 5.36µg (7.66%), Iron: 1.34mg (7.45%), Vitamin B3: 1.2mg (5.99%), Vitamin K: 5.77µg (5.49%), Calcium: 53.99mg (5.4%), Vitamin B6: 0.09mg (4.41%), Vitamin B5: 0.41mg (4.07%), Zinc: 0.57mg (3.82%), Potassium: 129.39mg (3.7%), Copper: 0.07mg (3.42%), Vitamin B12: 0.2µg (3.4%), Vitamin A: 166.93IU (3.34%), Magnesium: 12.87mg (3.22%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.37µg (2.47%)