



## Emily's Famous Banana Oat Muffins

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 bananas ripe mashed
- 1 cup brown sugar
- 1 eggs
- 0.5 teaspoon ginger
- 0.5 teaspoon ground cinnamon
- 1 cup rolled oats

- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 2 cups flour whole wheat

## Equipment

- bowl
- frying pan
- oven
- muffin liners
- muffin tray

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Line a 12 cup muffin pan with paper liners or coat with cooking spray.
- In a large bowl, stir together the bananas, brown sugar, egg, vanilla and oil.
- Combine the whole wheat flour, oats, cinnamon, ginger, baking powder and baking soda; stir into the banana mixture until blended. Spoon the batter into the prepared muffin cups.
- Bake in the preheated oven until the tops spring back when lightly pressed, about 25 minutes. Cool for a few minutes in the pan before attempting to remove them.

## Nutrition Facts



## Properties

Glycemic Index:17.23, Glycemic Load:5.08, Inflammation Score:-3, Nutrition Score:9.0621738589328%

## Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 212.59kcal (10.63%), Fat: 3.21g (4.93%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 40.47g (14.72%), Sugar: 21.59g (23.99%), Cholesterol: 13.64mg (4.55%), Sodium: 163.09mg (7.09%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.34g (8.69%), Manganese: 1.17mg (58.34%), Selenium: 15.96µg (22.8%), Fiber: 3.64g (14.55%), Phosphorus: 135.6mg (13.56%), Magnesium: 47.18mg (11.79%), Vitamin B6: 0.21mg (10.53%), Vitamin B1: 0.14mg (9.48%), Calcium: 88.7mg (8.87%), Iron: 1.4mg (7.76%), Copper: 0.14mg (7.17%), Potassium: 233.51mg (6.67%), Vitamin B3: 1.29mg (6.45%), Zinc: 0.87mg (5.77%), Vitamin B2: 0.08mg (4.83%), Folate: 18.78µg (4.7%), Vitamin K: 4.04µg (3.85%), Vitamin B5: 0.38mg (3.76%), Vitamin C: 2.57mg (3.12%), Vitamin E: 0.39mg (2.59%)