



Mixed Berry Yogurt Oat Treats



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 1 medium banana
- ☐ 6.8 oz go-gurt® protein yogurt yoplait® (from 1 lb 2 oz box)
- ☐ 2.5 cups oats quick
- ☐ 0.5 cup strawberries dried
- ☐ 0.5 cup walnut pieces chopped

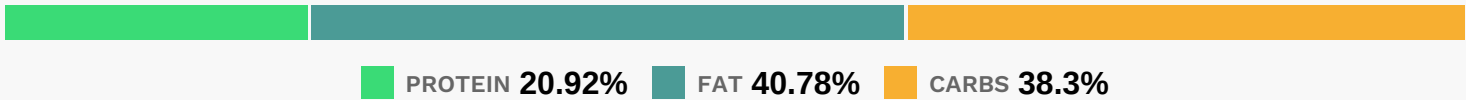
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In large bowl, beat butter and sugar with electric mixer on medium speed until light and fluffy.
- ☐ Add egg and banana, beating until well mixed. Beat in yogurt. Stir in oats, dried strawberries and walnuts. Divide mixture evenly among muffin cups.
- ☐ Bake about 25 minutes or until tops are golden brown. Cool on rack 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:5.05, Inflammation Score:-3, Nutrition Score:6.8582608362903%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 289.28kcal (14.46%), Fat: 13.3g (20.46%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 25.44g (9.25%), Sugar: 14.03g (15.59%), Cholesterol: 33.98mg (11.33%), Sodium: 229.27mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.71%), Manganese: 0.81mg (40.65%), Iron: 4.11mg (22.81%), Fiber: 2.66g (10.65%), Phosphorus: 98.18mg (9.82%), Selenium: 6.55µg (9.36%), Magnesium: 35.12mg (8.78%), Copper: 0.16mg (7.91%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.84mg (5.59%), Vitamin A: 263.43IU (5.27%), Vitamin B6: 0.09mg (4.47%), Potassium: 137.37mg (3.92%), Calcium: 38.05mg (3.81%), Vitamin B2: 0.06mg (3.57%), Folate: 14.25µg (3.56%), Vitamin B5: 0.33mg (3.29%), Vitamin E: 0.37mg (2.49%), Vitamin B3: 0.33mg

(1.63%), Vitamin K: 1.19µg (1.13%), Vitamin C: 0.92mg (1.11%)