



Peanut Butter Banana Muffins

 Vegetarian

READY IN



28 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup banana ripe mashed
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 cup peanut butter

- ☐ 0.8 cup cooking oats quick
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil

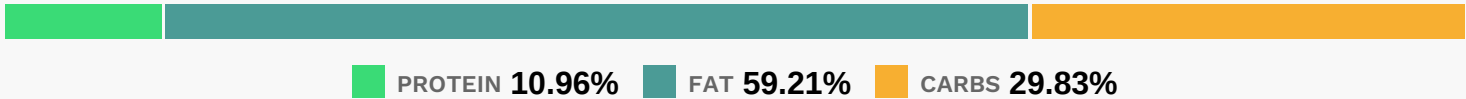
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ Combine 1 cup flour, oats, 1/3 cup brown sugar, and baking powder.
- ☐ Whisk together milk, peanut butter, banana, egg, oil, and vanilla.
- ☐ Add banana mixture to dry ingredients, mixing just until moistened. Fill prepared muffin cups 3/4 full.
- ☐ In a small bowl, stir together 1/4 cup flour, melted butter and 2 tablespoons brown sugar.
- ☐ Sprinkle topping evenly over muffins.
- ☐ Bake in preheated oven for 18 minutes, until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.4, Glycemic Load:4.94, Inflammation Score:-3, Nutrition Score:5.6943477832753%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 161.32kcal (8.07%), Fat: 11.05g (16.99%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.3g (4.11%), Sugar: 4.95g (5.49%), Cholesterol: 21.1mg (7.03%), Sodium: 180.91mg (7.87%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 4.6g (9.2%), Manganese: 0.41mg (20.71%), Phosphorus: 114.21mg (11.42%), Calcium: 96.43mg (9.64%), Magnesium: 37.53mg (9.38%), Vitamin E: 1.31mg (8.74%), Vitamin B3: 1.7mg (8.48%), Selenium: 4.67µg (6.67%), Vitamin B2: 0.09mg (5.29%), Vitamin B1: 0.08mg (5.17%), Fiber: 1.23g (4.91%), Vitamin B6: 0.1mg (4.82%), Folate: 18.7µg (4.67%), Vitamin K: 4.64µg (4.42%), Iron: 0.75mg (4.16%), Potassium: 143.41mg (4.1%), Zinc: 0.6mg (3.98%), Copper: 0.08mg (3.83%), Vitamin B5: 0.32mg (3.2%), Vitamin B12: 0.15µg (2.44%), Vitamin A: 115.05IU (2.3%), Vitamin D: 0.3µg (1.98%)