



## Banana Walnut Blender Muffins



1/12th of recipe (1 muffin): 101 calories, 2.5g total fat (<0.5g sat. fat), 187mg sodium, 19g carbs, 2g fiber, 3.5g sugars, 5.5g protein

**Prep:** 15 minutes    **Cook:** 20 minutes

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### Ingredients

2 cups old-fashioned oats  
1 cup mashed very ripe bananas (about 3 medium bananas)  
1 cup fat-free plain Greek yogurt  
1/2 cup egg whites or fat-free liquid egg substitute  
1/4 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)  
1/4 cup unsweetened vanilla almond milk  
1 1/2 tsp. baking powder  
1 tsp. cinnamon  
1 tsp. vanilla extract  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 oz. (about 1/4 cup) chopped walnuts

### Directions

Preheat oven to 400 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a blender, pulse oats to the consistency of coarse flour.

Add all remaining ingredients *except* walnuts. Continue to blend at high speed until completely smooth and uniform, stopping and stirring if needed.

Fold in 1/2 oz. (about 2 tbsp.) walnuts. Evenly fill the muffin pan with batter, and smooth out the tops. (Cups will be full.)

Sprinkle with remaining 1/2 oz. (about 2 tbsp.) walnuts, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, about 16 - 18 minutes.

**MAKES 12 SERVINGS**

HG FYI: If using foil baking cups, let cool completely before eating to prevent sticking.

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