



Long Livo

Healthy Banana Oatmeal Muffins – Quick & Easy

15 min

Prep time

8

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ 1 ½ cups old-fashioned rolled oats
- ☐ ½ cup whole-wheat flour
- ☐ ½ cup Greek yogurt
- ☐ ¼ cup honey
- ☐ 2 large eggs

- ☐ 1 tsp vanilla extract

- ☐ 1 tsp cinnamon

- ☐ ½ tsp baking soda

- ☐ ¼ tsp salt

- ☐ 1 tsp lemon zest

Optional Add-ins

- ☐ ½ cup chopped walnuts

- ☐ ¼ cup dark chocolate chips

Instructions

- 1 Pre-heat the oven to 350°F (175°C) and line a muffin tin with paper liners.
- 2 In a large bowl, mash the bananas until smooth, then stir in the Greek yogurt, honey, eggs, and vanilla.
- 3 In a separate bowl, whisk together the oats, flour, cinnamon, baking soda, and salt; stir in the lemon zest.
- 4 Gently fold the dry mixture into the wet ingredients until just combined; if desired, fold in walnuts or chocolate chips.
- 5 Spoon the batter into the liners, filling each about three-quarters full. Cranberry orange muffins inspiration reminds me to add a sprinkle of cinnamon on top.
- 6 Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean. Let cool for a few minutes before removing from the tin.

Nutrition per serving

210 kcal

Calories

7 g

Protein

36 g

Carbs

5 g

Fat

Tips & notes

- If the batter seems too thick, add a splash of milk or plant-based milk.
- For extra sweetness, drizzle a thin layer of honey on warm muffins.
- These muffins freeze well; reheat in a toaster oven for a freshly-baked feel.