

From our kitchen to yours



Banana Nut Muffins

TOTAL TIME: 1 hr 5min YIELDS: 12 servings

Ingredients:

2 1/2 cups	old fashioned oats	1 tsp	baking soda
2 tbsp	ground flax seed	1 tsp	vanilla extract
1 cup	plain low fat Greek yogurt	2	bananas, very ripe
2	eggs	1/2 cup	dark chocolate chips
1/2 cup	honey	1/4 cup	walnuts, chopped
2 tsp	baking powder		

Directions:

Preheat oven to 350F and spray a standard 12-cup muffin pan.

In a food processor, pulse oats for about 10 seconds. To the oats, add flax seed, yogurt, eggs, honey, baking powder, baking soda, vanilla, and bananas.

Mix in food processor until everything is well combined and smooth.

Take out the blade, carefully, and fold in chocolate chips and walnuts with spatula.

Divide the batter evenly among the 12 cups. Bake for 18-20 minutes or until a toothpick comes out clean.

Allow the muffins to cool on a rack before eating.

