

## Healthy Banana Bread Muffins

**Servings:** 12 – 16 muffins

**Cook Time:** 20 minutes

### Ingredients

3 ripe bananas  
½ cup unsweetened apple sauce  
½ cup egg white  
¼ cup maple syrup  
¼ cups no calories sweetner (example: Splenda)  
½ cup skim milk  
2 teaspoons vanilla extract  
1 cups white whole wheat flour  
¾ cup old fashioned oats (ground in food processor)  
1 teaspoon baking soda  
½ teaspoon cinnamon

### Instructions

- 1) Pre-heat oven to 350F oven
- 2) Mix all wet ingredients and bananas in blender until smooth. Pour into bowl.
- 3) Sift all dry ingredients in separate bowl.
- 4) Add dry ingredients to wet and mix using a whisk.
- 5) Spray muffin pan with cooking spray
- 6) Pour mixture 2/3 way up the pan
- 7) Place pan in the oven for approximately 20 minutes

