

Healthy Banana Bread Muffins

Servings: 12 – 16 muffins

Cook Time: 20 minutes

Ingredients

- 3 ripe bananas
- ½ cup unsweetened applesauce
- ½ cup egg whites
- ¼ cup maple syrup
- ¼ cup no-calorie sweetener (example: Splenda)
- ½ cup skim milk
- 2 teaspoons vanilla extract
- 1 cup white whole wheat flour
- ¾ cup old fashioned oats (ground in food processor)
- 1 teaspoon baking soda
- ½ teaspoon cinnamon

Instructions

1. Preheat oven to 350°F.
2. Mix all wet ingredients and bananas in a blender until smooth. Pour into a bowl.
3. Sift all dry ingredients into a separate bowl.
4. Add dry ingredients to wet and mix using a whisk.
5. Spray muffin pan with cooking spray.
6. Pour mixture into muffin pan, filling each about 2/3 full.
7. Place pan in the oven and bake for approximately 20 minutes.



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA