

Cinnamon Banana Muffins

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

1 ½ C NONFAT VANILLA GREEK YOGURT
3 BANANAS
2 EGGS
2 T HONEY
1 T VANILLA
1 ¾ C WHITE WHOLE WHEAT FLOUR
¼ C GROUND FLAX

1 TSP BAKING SODA
1 TSP BAKING POWDER
1 C ROLLED OATS
½ TSP SALT
⅓ C SUGAR
2 T CINNAMON

DIRECTIONS:

MIX THE LIQUID INGREDIENTS AND BEAT THE BANANAS ON HIGH SPEED TO CREATE A SMOOTH BATTER. ADD THE DRY INGREDIENTS AND MIX. SPOON INTO A LINED MUFFIN TIN AND FILL ¾ FULL. BAKE AT 350F FOR 15 MINS. (DO NOT OVERBAKE!) FLASH FREEZE OR ENJOY WARM. MAKES 20 MUFFINS.

FREEZING INSTRUCTIONS:

AFTER MUFFINS HAVE BEEN MADE ACCORDING TO DIRECTIONS, PLACE THEM IN GALLON FREEZER BAGS WITH THE LINERS ON. WHEN READY TO EAT PLACE MUFFINS IN MICROWAVE (CAN LEAVE LINER ON) AND HEAT FOR 20 SECONDS.

MACROS PER MUFFIN: 112 CALS 18G NET CARBS 2 FAT 4G PROTEIN