

# BANANA & PEANUT BUTTER OATMEAL MUFFINS

Course: Breakfast

Prep Time: 15 minutes

Cooking Time: 25 minutes

Total: 40 minutes



## INGREDIENTS:



Banana  
1 large



Peanut butter  
3 tbsp



Egg  
1



Honey  
1 tsp



Milk  
3 OZ/ 85 grams



Vanilla extract  
1/2 tsp



Rolled oats  
1 cup



Baking powder  
1/2 tsp



Ground cinnamon  
1/2 tsp



Salt  
As needed



Chocolate chips  
2 OZ/ 56 grams

# METHOD:

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## Step 1

Peel off a banana and mash it well into a bowl.

## Step 2

Pour that mixture into a blender jar. Add peanut butter, egg, honey, milk, and vanilla extract.

## Step 3

Close the lid and blend it well. After it turns into a smooth paste, pour it back to the bowl.

## Step 4

Add rolled oats, baking powder, cinnamon, and a pinch of salt to the mixture. Mix it well. Now add chocolate chips to it. Mix it well and leave for some time.

## Step 5

Take a cupcake tray, add baking paper for cupcakes. Now pour the mixture into the tray with the help of a spoon. You can add some chocolate chips on top of cupcakes as well.

## Step 6

Bake at 350f for 20-25 minutes. Remove the tray from the oven once it is cooked.

Your diet-friendly oatmeal muffins are ready.

# NUTRITIONAL INFORMATION:

Calories	195 kcals
Fat	8 g
Protein	5 g
Carbs	31 g
Cholesterol	25 mg