



Whole Grain Banana Muffins



SERVINGS

12



COOKING TIME

20 min

Made with wholesome oats and ripe bananas, Whole Grain Banana Muffins are naturally sweet and make for a perfect breakfast option or quick snack on the go. Serve these muffins warm for a bite that will melt in your mouth.

Ingredients

- 1 ½ cups all-purpose flour
- 1 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/2 cup firmly packed brown sugar
- 1/2 cup chopped nuts (optional)
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 1 cup mashed ripe bananas (about 3 medium)
- 5 tbsp margarine or butter, melted
- 1/2 cup fat-free milk
- 2 egg whites or 1 egg, lightly beaten

Cooking Instructions

1. Heat oven to 400°F.
2. Line twelve medium muffin cups with paper baking cups or spray bottoms only with cooking spray.
3. In large bowl, combine flour, oats, sugar, nuts, if desired, baking powder and baking soda; mix well.
4. In medium bowl, combine bananas, margarine, milk and egg whites; blend well.
5. Add to dry Ingredients all at once; stir just until dry ingredients are moistened. (Do not overmix.)
6. Fill muffin cups almost full.
7. Bake 17 to 19 minutes or until golden brown.

8. Cool muffins in pan on wire rack 5 minutes.
9. Remove from pan.
10. Serve warm.