



**Gluten Free  
Banana-Nut Oat  
Muffins**

**QUAKER**

Servings: 12 | Cook Time: 12 Minutes

# Gluten Free Banana-Nut Oat Muffins



## Ingredients

- 1 ½ cups plus 2 tablespoons Quaker® Gluten Free Quick 1-Minute Oats, uncooked, divided
- 1 cup multi-purpose gluten free flour blend
- 1 teaspoon gluten free baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup firmly packed brown sugar
- 1 cup mashed ripe banana (about 2 large)
- ½ cup non-fat milk
- ¼ cup canola oil
- 1 large egg, lightly beaten
- ½ cup chopped, toasted walnuts



## Preparation

1. Heat oven to 400°F. Line 12 medium muffin cups with paper baking cups or lightly spray muffin cups with cooking spray.
2. In large bowl, combine 1 ½ cups oats, flour blend, baking powder, cinnamon and salt; mix well. Add sugar; blend well.
3. In small bowl stir together banana, milk, oil and egg. Add to oat mixture; stir until dry ingredients are moistened.
4. Stir in nuts.
5. Divide batter among muffin cups, about ⅓ cup batter per cup. Sprinkle with remaining oats.
6. Bake 18 to 20 minutes or until golden brown.
7. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm.

### COOK NOTE:

To freeze leftover muffins, place in freezer bag; seal securely. Freeze up to 2 months. To reheat in microwave oven, place muffin on microwave-safe plate. Microwave on high about 20 to 30 seconds for one muffin.

### NUTRITION FACTS (PER SERVING):

210 calories, 9 g fat, 1 g sat fat, 15 mg cholesterol, 150 mg sodium, 30 g total carb, 2 g fiber, 12 g sugar, 4 g protein, 4% DV calcium, 2% DV vitamin D, 2% DV vitamin C, 2% DV vitamin A, 4% DV potassium, 6% DV iron, 8% DV thiamin, 8% DV magnesium, 9 g added sugar

**QUAKER**