

Greek Yogurt Banana Muffins

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-muffins-with-greek-yogurt-recipe>

Ingredients:

- 1 cup Greek yogurt
- 2 bananas ripe as possible
- 2 eggs
- 1/4 cup milk
- 1/4 cup maple syrup
- 2 cups oats certified gluten free
- 1/4 cup coconut sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup walnut pieces
- 1/4 cup muffins

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 115 milligrams
4. Fat: 21 grams
5. Fiber: 12 grams
6. Protein: 22 grams
7. SaturatedFat: 4 grams
8. Sodium: 450 milligrams
9. Sugar: 33 grams

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