

Healthy Banana Blueberry Muffins

Yield: 12 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-oats-pancake-recipe-indian>

Ingredients:

- 1/4 cup butter room temperature
- 1/4 cup plain yogurt
- 1/3 cup granulated sugar
- 1/3 cup light brown sugar packed
- 2 large eggs
- 1 3/4 cups whole wheat flour
- 1/4 cup oats quick or regular
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 bananas ripe, lightly mashed
- 1/3 cup milk
- 1 teaspoon vanilla extract
- 1 cup blueberries frozen
- 2 teaspoons flour

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 45 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 3 grams
8. Sodium: 250 milligrams
9. Sugar: 16 grams

Thank you for visiting our website. Hope you enjoy Healthy Banana Blueberry Muffins above. You can see more 16 banana oats pancake recipe indian Ignite your passion for cooking! to get more great cooking ideas.