

Peanut Butter Banana Muffins

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-peanut-butter-recipe-indian>

Ingredients:

- 1 cup bananas mashed ripe, 2-3 medium bananas
- 1/2 cup peanut butter
- 1/2 cup honey
- 1/2 cup plain yogurt
- 1 egg
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 280 milligrams
9. Sugar: 16 grams

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