

Oatmeal Banana Muffins

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/oatmeal-carmelitas-recipes>

Ingredients:

- 1 1/2 cups oatmeal uncooked
- 1 1/4 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt optional
- 1 teaspoon cinnamon
- 1 pinch ground nutmeg
- 1 whole egg
- 1/4 cup oil
- 1 teaspoon vanilla
- 3 whole bananas ripe, mashed
- 1/2 cup oatmeal
- 1/4 teaspoon cinnamon
- 2 tablespoons brown sugar
- 2 tablespoons melted butter

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 70 milligrams
4. Fat: 24 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 6 grams
8. Sodium: 830 milligrams
9. Sugar: 41 grams

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