

Banana Oat Greek Yogurt Muffins

Yield: 12 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/plain-greek-yogurt-recipe-ideas>

Ingredients:

- 1 cup plain greek yogurt
- 2 bananas medium ripe, 200 g or 1 cup mashed
- 2 large eggs
- 2 cups rolled oats old fashioned or quick
- 1/4 cup brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup chocolate chips mini or regular

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 40 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 140 milligrams
9. Sugar: 10 grams

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