

# Banana Nut Muffin

Yield: 12 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-banana-nut-muffin-recipe>

## Ingredients:

- 1 cup oats
- 2 bananas very ripe, mashed
- 1 cup walnuts chopped
- walnuts A handful of unchopped
- 1 cup skim milk
- 1 cup whole wheat pastry flour
- 1/3 cup brown sugar
- 1 teaspoon vanilla extract
- 1 egg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 3 sugar spoonfuls of, white or brown, your preference

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 20 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 210 milligrams
9. Sugar: 8 grams

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