

PEANUT BUTTER BANANA MUFFINS

Breakfast and snacks are easy with this protein-packed, easy on-the-go, wholesome baked good that kids and adults will love!

Ingredients

- 2 ripe large **bananas**, mashed with no chunks (about 1 cup mashed)
- 1 and 3/4 cups **wheat flour**, whole wheat is preferred (spoon & leveled)
- 1 large **egg**
- 1/2 cup plain **Greek yogurt** (or regular yogurt, any fat content)
- 1/2 cup creamy **peanut butter** (or any nut butter such as almond or soy nut)
- 1/3 cup unsweetened **cow's milk** (or any plant-based milk is fine)
- 1/4 cup packed dark **brown sugar**
- 1/4 cup **honey** (or maple syrup)
- 2 teaspoons **pure vanilla extract**
- 1 teaspoon **ground cinnamon**
- 1 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- 1/4 teaspoon **salt**



Instructions

1. Preheat oven to 425°F. Spray 12-count muffin pan with nonstick spray. Set aside.
2. In a medium bowl, whisk the mashed bananas, egg, yogurt, milk, brown sugar, and honey and together until combined. Whisk in the peanut butter and vanilla extract until smooth and thick. Set aside this wet mixture.
3. In a large bowl, whisk the flour, cinnamon, baking soda, baking powder, and salt. Pour the wet ingredients into the dry ingredients and lightly whisk until combined. Stir as little as possible until no flour pockets remain. [Try not to over-stir the muffin batter or your muffins will have a tough texture.]
4. Fill the muffin cups between 3/4 full and completely full. Bake for 5 minutes at 425°F. Keeping the muffins in the oven, reduce the oven temperature to 350°F and continue to bake for 12 more minutes or until a toothpick inserted in the center comes out clean.

Note: Muffins stay fresh at room temperature for 3 days, refrigerated for 7 days, and frozen up to 3 months.

Nutrition Facts	
12 servings per container	
Serving size 1 muffin (13g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 220mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 7g	14%
Vitamin D 0.2mcg	0%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 270mg	6%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BANANAS, WHOLE GRAIN WHEAT FLOUR, USDA COMMODITY, PEANUT BUTTER, SMOOTH, YOGURT, GREEK, PLAIN, LOWFAT, HONEY, MILK 2%, EGG, VANILLA EXTRACT (WATER, ALCOHOL (95%), SUGAR, VANILLA BEAN EXTRACTIVES), BAKING POWDER (CORNSTARCH, SODIUM BICARBONATE, SODIUM ALUMINIUM SULFATE, MONOCALCIUM PHOSPHATE), BAKING SODA, BROWN SUGAR, SALT

CONTAINS: MILK, EGG

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