

Banana Oat Muffins

An oatmeal banana muffin that's a healthy and delicious morning treat!

Recipe by **Karen Resciniti** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

1 ½ cups unbleached all-purpose flour

1 cup rolled oats

½ cup white sugar

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon salt

1 egg

¾ cup milk

⅓ cup vegetable oil

½ teaspoon vanilla extract

1 cup mashed bananas

Directions

Step 1

Preheat the oven to 400 degrees F (205 degrees C). Line a 12-cup muffin tin with paper liners.

Step 2

Combine flour, oats, sugar, baking powder, soda, and salt in a medium bowl; set aside.

Step 3

Beat egg lightly in a large bowl. Whisk in milk, oil, and vanilla. Stir in mashed bananas. Add the flour mixture and stir until just combined. Spoon batter into the prepared muffin cups, filling each ¾ full.

Step 4

Bake in the preheated oven until tops spring back when lightly pressed, 18 to 20 minutes.

Nutrition Facts

Per serving: 200 calories; total fat 8g; saturated fat 1g; cholesterol 17mg; sodium 296mg; total carbohydrate 30g; dietary fiber 2g; total sugars 12g; protein 4g; vitamin c 2mg; calcium 72mg; iron 1mg; potassium 137mg