

# Blueberry Oatmeal Banana Blender Muffins

## Blueberry Oatmeal Banana Blender Muffins



Course Breakfast

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Servings 12 servings, 1 muffin each

Calories 170 kcal

Author Beachbody

## Ingredients

- Nonstick cooking spray optional
- 1 cup reduced fat (2%) plain Greek yogurt
- 3 Tbsp. . raw honey
- 2 large very ripe bananas cut into chunks
- 2 large eggs
- $\frac{1}{2}$  tsp. pure vanilla extract
- 2 cups old-fashioned rolled oats
- $1\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  tsp. sea salt or Himalayan salt
- 2 cups fresh or frozen blueberries
- $\frac{2}{3}$  cup chopped raw walnuts







## Instructions

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
3. Place yogurt, honey, bananas, eggs, extract, oats, baking powder, baking soda, and salt in blender (or food processor); cover. Blend until smooth, scraping once or twice, as needed.
4. Gently fold in blueberries and walnuts.
5. Evenly divide batter among prepared muffin cups.
6. Bake 20 to 25 minutes, or until tester inserted into the center comes out clean.
7. Transfer muffins to rack; cool.

### Nutrition Facts

Blueberry Oatmeal Banana Blender Muffins

Amount Per Serving (1 muffin)

**Calories** 170Calories from Fat 54

**% Daily Value\***

**Total Fat** 6g9%

Saturated Fat 1g5%

**Cholesterol** 31mg10%

**Sodium** 226mg9%

**Total Carbohydrates** 24g8%

Dietary Fiber 3g12%

Sugars 10g

**Protein** 6g12%

\* Percent Daily Values are based on a 2000 calorie diet.

**Nutritional Information (per serving):**

Calories: 170

Total Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 31 mg

Sodium: 226 mg

Carbohydrates: 24 g

Fiber: 3 g

Sugars: 10 g

Protein: 6 g

**Portion Fix Containers**

$\frac{1}{2}$  Purple

1 Yellow

$\frac{1}{2}$

Blue

