

Peach Oatmeal Banana Muffins

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INGREDIENTS:

4 T SOFTENED BUTTER	1 TSP BAKING SODA
2 BANANAS	1 TSP BAKING POWDER
1 ½ C NONFAT PLAIN GREEK YOGURT	1 C ROLLED OATS
1 C SLICED PEACHES	½ TSP SALT
2 T HONEY	¼ C GROUND FLAX
1 TSP VANILLA	¾ C SUGAR
1 ¾ WHITE WHOLE WHEAT FLOUR	1 TSP CINNAMON

DIRECTIONS:

MIX THE LIQUID INGREDIENTS AND BEAT IN THE SLICED PEACHES TO CREATE A SMOOTH BATTER. ADD THE DRY INGREDIENTS AND MIX. SPOON INTO A LINED MUFFIN TIN AND FILL ¾ FULL. BAKE AT 350F FOR 20 MINS. FLASH FREEZE OR ENJOY WARM. MAKES 24 MUFFINS.

FREEZING INSTRUCTIONS:

AFTER MUFFINS HAVE BEEN MADE ACCORDING TO DIRECTIONS, PLACE THEM IN GALLON FREEZER BAGS WITH THE LINERS ON. WHEN READY TO EAT PLACE MUFFINS IN MICROWAVE (CAN LEAVE LINER ON) AND HEAT FOR 20 SECONDS.

MACROS PER MUFFIN: 285 CALS 63G NET CARBS 3G FAT 4G PROTEIN