

The Looneyspoons Collection: Bananaberry Bombs

Moist banana-blueberry muffins with oats and flaxseed

You'll be blown away by the great taste and moist texture of these banana-blueberry muffins! Flavor explosion! Ka-pow!

Ingredients

Original	Metric	Divided	
• 1 cup	_____	_____	quick-cooking rolled oats (not instant)
• ½ cup	_____	_____	each all-purpose flour and whole wheat flour
• ½ cup	_____	_____	granulated sugar
• ¼ cup	_____	_____	ground flaxseed or wheat germ
• 1½ tsp	_____	_____	baking powder
• 1 tsp	_____	_____	baking soda
• ½ tsp	_____	_____	salt
• 2	_____	_____	mashed ripe bananas
• ¼ cup	_____	_____	butter, melted
• 1	_____	_____	egg
• 1 cup	_____	_____	fresh or frozen blueberries

Directions

1. Preheat oven to 375°F. Spray a 12-cup muffin (6 muffin cup) tin with cooking spray and set aside.
2. Combine oats, both flours, sugar, ground flaxseed, baking powder, baking soda and salt in a large bowl. Mix well and set aside.
3. In a medium bowl, whisk together bananas, butter and egg. Add banana mixture to dry ingredients and stir just until dry ingredients are moistened. Gently fold in blueberries.
4. Divide batter among 12 muffin cups. (If recipe is divided use 6 muffins) Bake for 20 minutes, or until a wooden pick inserted in the center comes out clean. Cool on a wire rack.

Makes 12 muffins

Per muffin: 183 calories, 5.7 g total fat (3 g saturated fat), 3.7 g protein, 30 g carbohydrate, 3.1 g fiber, 26 mg cholesterol, 209 mg sodium