

Blueberry & Banana Muffin

Servings per recipe: 12

Calories per serving: 132

Cost per serving: \$0.46

Ingredients:

3 bananas, mashed

2 eggs

1/2 cup Plain Greek yogurt

1/3 cup honey

1 tsp baking soda

1 tsp vanilla extract

1 1/2 cup whole wheat flour

Optional Toppings:

diced strawberries

blueberries



Preparation:

Set the oven to 350 degrees Fahrenheit.

In a large bowl, combine bananas, eggs, Plain Greek yogurt, honey, baking soda, vanilla extract, and whole wheat flour. Mix together until a uniform mixture is formed.

Line a 12-muffin muffin tin with paper liners. Scoop even amounts of the batter into each paper liner.

Bake muffins for 20 minutes.