

Banana Date Bran Muffins

10 ingredients · 25 minutes · 12 servings



Directions

1. Preheat the oven to 350°F and line a muffin tin with liners or spray.
2. In a large bowl, add the oat bran, flour, baking powder, baking soda, (optional dash of cinnamon), and whisk well to combine.
3. To the same bowl, add the bananas, eggs, yogurt, orange rind, and applesauce and mix to combine until everything is incorporated. The mixture will be thick. Fold in the dates and mix just to combine.
4. Pour the mix into the prepared muffin tin and bake for 20 minutes until cooked through. Let cool, and then remove muffins. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is one muffin.

Bran

This recipe was made using bran, but oats can be substituted if preferred.

Ingredients

- 1 1/2 cups Oat Bran
- 2 cups Whole Wheat Flour
- 2 tsps Baking Powder
- 2 tsps Baking Soda
- 1 cup Pitted Dates (chopped)
- 1 cup Plain Greek Yogurt
- 4 Banana (2 cups mashed)
- 2 Egg
- 1/2 cup Unsweetened Applesauce
- 1 tbsp Orange Zest (rind from 1 orange)

Nutrition

Amount per serving

Calories	164	Cholesterol	34mg
Fat	3g	Sodium	316mg
Carbs	35g	Vitamin A	181IU
Fiber	5g	Vitamin C	5mg
Sugar	15g	Calcium	106mg
Protein	7g	Iron	2mg