Oat Bran Banana Muffins Recipe / Oat Bran Muffin



No flour and no white sugar added, Oat Bran Banana muffins recipe are extremely delicious in taste, packed with protein

and fiber. This is not oatmeal, but they are oat bran. These yummy muffins are made with brown sugar, banana and honey as the sweetener. Banana are added here. They are packed with nutrients,give you fuel to body. Adding banana gives moisture, flavor and sweetness. They are perfect breakfast muffin, it takes only ten minutes to get muffin into oven. Oat bran is the outer cover of the oats and they are very good for health, high in fiber, you can find this whole foods, Trader Joes. This recipe is I got it from trader joes box. Try this oat bran muffins at home and let me know in comment how it tasted.

How to make Oat Bran Banana Muffins Recipe

Ingredients for Oat Bran Banana Muffins Recipe

Preparation Time : 15 mins Cooking Time : 15 mins Serves: 7

- 1 Cup of Oat Bran, Uncooked
- 2 Tbsp of Brown Sugar
- 1 Tsp of Baking Powder
- 1/4 Tsp of Salt
- 1/2 Cup of Milk
- 2 Tsp of Flax Seed Powder
- 1 Big Banana, mashed
- 2 Tbsp of Honey
- 1/2 Cup of Rasins
- Few Cashews

Method for Oat Bran Banana Muffins Recipe

- In a bowl, combine dry ingredients, mix well.
- Add milk, honey, mashed banana and oil, mix just until dry ingredients are moistened.
- Add raisins, mix well combined.
- Meanwhile, heat oven to 425 º F.
- Pour the muffin batter to 3/4 of the muffin cups.
- Bake for 15-17 mins or until golden brown.

Tips

- If you don’t have brown sugar, add white sugar instead.
- You can add blueberries or blackberries or strawberries for different flavor.
- Add any nuts of your choice like walnuts, almonds.



Tags: oat bran banana muffins recipe, oat bran muffins recipe, banana muffins recipes, oat bran recipe, oat bran muffin, muffin recipe with oat bran, make oat bran banana muffins, cupcake recipe.