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Seminary Muffins

Submitted by: **Christa Adams**

Makes 12 muffins

Prep Time: 10
MinutesCook Time: 20
MinutesAverage Rating:

Rated by 1 users

" Delicious and healthy muffins. Great for breakfast or a snack. No oil, butter or yeast! You may use oat bran instead of oatmeal if you wish. "

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Ingredients

- 1 egg
- 1 1/3 cups mashed ripe banana
- 3/4 cup packed brown sugar
- 1/3 cup applesauce
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 1 1/4 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 cup quick cooking oats
- 1/2 cup semisweet chocolate chips
- 1/2 cup chopped walnuts

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 12 cup muffin pan.
- 2 In a large bowl, combine egg, banana, brown sugar, applesauce and vanilla. In a separate bowl, sift together flour, baking soda, baking powder, salt and cinnamon.
- 3 Gently stir flour mixture and oatmeal into banana mixture. Fold in chocolate chips and walnuts. Pour batter into prepared muffin cups.
- 4 Bake in preheated oven or 15 to 20 minutes, or until light brown. Remove muffins from pan and place on a wire rack to let cool before serving.

Makes 12 muffins

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Nutrition at a glance

Servings Per Recipe: 12

Calories

amount

per serving

219

Protein

4g

Total Fat

6g

Sodium

350mg

Cholesterol

18mg

Carbohydrates

39g

Fiber

3g

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