

Flourless yogurt blender muffins

Blender muffins are the best—just throw all of the ingredients into your blender and you're just about there! Grab one as part of your breakfast or as a snack.



Kid-friendly

Vegetarian

Freezer-friendly

30 minutes or less

PREP TIME
10 min

COOK TIME
17 min

SERVINGS
12

Ingredients

- 250 mL (1 cup) 0% fat plain Greek yogurt
- 2 ripe bananas, mashed (about 250 mL/1 cup)
- 2 eggs
- 30 mL (2 tbsp) vegetable oil
- 500 mL (2 cups) rolled oats
- 75 mL ($\frac{1}{3}$ cup) maple syrup
- 7 mL ($\frac{1}{2}$ tbsp) baking powder
- 2 mL ($\frac{1}{2}$ tsp) baking soda
- 5 mL (1 tsp) vanilla
- 250 mL (1 cup) fresh or frozen mixed berries

Directions

1. Preheat the oven to 200 °C (400 °F) and lightly spray or paper line 12 muffin tins.
2. In a blender or a food processor, add all the ingredients, except for mixed berries, and blend until smooth.
3. Add mixed berries into the blender. Using a large wooden spoon, gently fold them into the mixture.
4. Pour batter into prepared muffin pan, filling each cup $\frac{3}{4}$ full.
5. Bake for about 17 minutes or until the tops of your muffins are set. Cool in pan for about 10 – 15 minutes before serving.

Tips

- ✓ Kids will be super excited to help out with this recipe. Little chefs can help add ingredients to the blender and pour batter into the muffin pan.
- ✓ Want a little crunch? Mix in 60 mL ($\frac{1}{4}$ cup) chopped unsalted nuts to the batter once blended.
- ✓ If you like the taste of cinnamon, add a pinch at step 2.
- ✓ Make a double batch and keep some of these muffins for later. Cool muffins and store in an airtight container in the fridge for up to 7 days or in the freezer for 2 – 3 months. Warm in microwave before serving.



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