

Banana Berry Breakfast Muffins

Enjoy these delicious banana and berry muffins—perfect for a balanced and slightly indulgent breakfast. For a heartier meal, top them with peanut butter and chia seeds or your favourite Greek yogurt.

Preparation 10 min

Cooking 20 min

Servings 12



Nutrition Facts (per serving)

Calories 160 kcal

Fat 6 g

Carbohydrates 23 g

Fibre 3 g

Protein 4 g

Sodium 80 mg

- 60 ml ($\frac{1}{4}$ cup) canola oil

Preparation

- 5 ml (1 tsp) vanilla extract
- 1 medium carrot, peeled and grated
- Preheat the oven to 400°F (200°C) and place the rack in the middle position.
- 250 ml (1 cup) raspberries and/or blueberries (fresh or frozen)
- 125 ml ($\frac{1}{2}$ cup) chopped nuts of your choice (optional)
- In a large bowl combine the dry ingredients (oats, flour, brown sugar, baking powder, and baking soda).
- In a separate bowl, whisk together the egg, mashed banana, milk, oil, vanilla, and grated carrot.
- Pour the wet ingredients into the dry mixture and stir just until combined.
- Gently fold in the berries and nuts, if using.
- Divide the batter evenly among 12 muffin cups (about $\frac{1}{4}$ cup of batter per muffin).
- Bake for 20 minutes, or until a toothpick inserted in the centre comes out clean and the tops are lightly golden.



Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine

Registered Dietitian Nutritionist in Montreal North-Shore