



# Vegan Oatmeal Banana Muffins

SERVINGS: 12 MUFFINS

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## Ingredients

12 cupcake liners

1  $\frac{3}{4}$  cups flour

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon salt

$\frac{1}{2}$  cup unsweetened applesauce

1 cup brown sugar

3 mashed bananas

Egg substitute for 2 eggs\*

1 teaspoon vanilla

2 cups quick-cooking oatmeal

1 cup 60% cocoa chocolate chips

1 cup chopped pecans

## Directions

1. In a mixing bowl, sift together the flour, baking soda, baking powder, and salt; set aside.
2. In a mixer, combine the applesauce, brown sugar, egg substitute, bananas, and vanilla. Next, add the flour mixture, oatmeal, chocolate chips, and pecans.
3. Pour into cupcake liners and bake at 350° F for 30 minutes.

### Egg replacer options:

- 2 tablespoons flax seed meal mixed with 6 tablespoons warm water. Whisk together and let sit until the mixture is a gel-like consistency.
- Bob's Red Mill Egg Replacer: Mix 2 tablespoons with  $\frac{1}{4}$  cup water.

### Nutrition analysis per serving

Serving size: 1 muffin

Amount per serving

Calories 325

Sodium 350mg

Total Fat 11g

Trans Fat 0g

Saturated Fat 2.5g

Total Carbohydrate 55g

Cholesterol 0mg

Dietary Fiber 7g

Total Sugars 24g

Protein 6g



PREVENTION

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