

Banana, Zucchini & Oat Muffins

Serves 12



Ingredients:

- 1 1/2 cups grated zucchini (about 2 small)
- 1/2 cup mashed banana (about 1 small)
- 1 1/2 cups all-purpose flour
- 3/4 cup oatmeal
- 1 cup light brown sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 3/4 cup milk
- 1 egg
- 1 teaspoon vanilla
- 1/2 cup vanilla Greek yogurt
- 1/2 cup walnuts

Instructions:

1. Preheat the oven to 350° F.
2. Grease a muffin tin with butter, vegetable oil or cooking spray.
3. Mix all ingredients together and stir until combined. Spoon into greased muffin tins and bake for 20 to 25 minutes until a toothpick inserted into the center comes out clean.
4. Remove from oven. Let cool for five minutes. Remove from muffin tin and serve.