

Banana and Millet Muffins



Discover the benefits of a delicious recipe for Banana Millet Muffins, combining flavor and nutritional value. These nutritious muffins feature a balance of ingredients, with a moist texture and a wealth of fiber, vitamins, and minerals. Perfect for an energizing and satisfying snack.

Preparation 20 min

Cooking 20 min

Servings 12

Nutrition Facts (per serving)

Calories 220

Fat 6

Carbohydrates 35

Fibre 2

Protein 5

Sodium 115

Ingredients

Dry ingredients :

- 125 ml (½ cup) millet
- 375 ml (1 ½ cups) all-purpose flour
- 125 ml (½ cup) wheat germ

- 160 ml (? cup) white sugar
- 5 ml (1 tsp) baking soda

Wet ingredients:

- 4 ripe bananas, mashed
- 60 ml (¼ cup) vegetable oil
- 125 ml (½ cup) plain Greek yogurt, 0% M.F.
- 1 egg

Preparation

1. Preheat the oven to 350°F (180°C). Oil a 12-muffin pan, set aside.
2. Heat a skillet over medium-high heat, toast the millet, stirring constantly for 3-5 mins, the millet will give off a nutty smell.
3. In a large bowl, combine all dry ingredients, set aside.
4. In a medium bowl, combine all wet ingredients. Pour over dry ingredients and mix just until all ingredients are incorporated.
5. Divide mixture among pans.
6. Bake for 25 minutes, then let cool.

Notes

Can be kept for 4 days or 2 months in the freezer.



Carol-Ann Robert – Nutritionniste Diététiste à Halifax | Directrice marketing
Registered Dietitian Nutritionist in Halifax