

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

Fat 6

Carbohydrates 23

Fibre 3

Protein 4

Sodium 80

Ingredients

- 250 ml (1 cup) quick-cooking oats
- 310 ml (1¼ cups) whole wheat flour
- 60 ml (¼ cup) brown sugar
- 10 ml (2 tsp) baking powder
- 2.5 ml (½ tsp) baking soda
- 1 egg

- 180 ml (¾ cup) milk (1% M.F. or unsweetened soy milk)
- 60 ml (¼ cup) canola oil
- 5 ml (1 tsp) vanilla extract
- 1 medium carrot, peeled and grated
- 250 ml (1 cup) raspberries and/or blueberries (fresh or frozen)
- 125 ml (½ cup) chopped nuts of your choice (optional)

Preparation

1. Preheat the oven to 350°F (175°C) and place the rack in the middle position.
2. In a large bowl, combine the dry ingredients: oats, flour, brown sugar, baking powder, and baking soda.
3. In a separate bowl, whisk together the egg, mashed banana, milk, oil, vanilla, and grated carrot.
4. Pour the wet ingredients into the dry mixture and stir just until combined.
5. Gently fold in the berries and nuts, if using.
6. Divide the batter evenly among 12 muffin cups (about ¼ cup of batter per muffin).
7. Bake for 15-20 minutes, or until a toothpick inserted in the centre comes out clean and the tops are lightly golden.

Notes

Best enjoyed fresh. Can be stored in the refrigerator for up to 4 days. Can be frozen for up to 3 months.



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