

Laura's Flourless Banana Muffins



INGREDIENTS

- 2 cups oats
- 2-3 ripe bananas
- 2 eggs
- ½ cup plain greek yogurt
- 3 Tbsp. honey
- 1½ tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. vanilla
- ⅛ tsp. salt
- ½ cup blueberries or dark chocolate chips

NUTRITION FACTS

12 muffins

Calories: 115

Fat: 1.7 g

Sodium: 95 mg

Total Carbohydrate: 22.5 g

Dietary fiber: 2.5 g

Protein: 3.6 g

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a blender, pulse all ingredients except the blueberries or chocolate chips.
3. Blend until well combined. (You can mix by hand – just mash the bananas first before adding the other ingredients.)
4. Pour batter into a 12 cup muffin tin lined with paper cups or prepared with cooking spray. Press chocolate chips or berries into tops.
5. Bake for 15 minutes until the tops are puffy and golden.

Baked French Toast with Peaches

INGREDIENTS

- 1 large whole grain baguette (8-10 oz.)
- 5 large eggs
- 1½ cup nonfat milk
- 2 tsp. vanilla extract
- 4-5 cups frozen unsweetened sliced peaches, thawed
- ¼ cup firmly packed brown sugar
- ¼ tsp. ground cinnamon
- 1 cup plain nonfat yogurt, optional
- ½ cup pure maple syrup, optional

NUTRITION FACTS

6 servings

Calories: 249 Total Carbohydrate: 38.1 g

Fat: 4.1 g Dietary fiber: 5.7 g

Sodium: 227 mg Protein: 12.1 g

(nutrition facts do not include yogurt & syrup)

DIRECTIONS

1. Grease a 9x13 inch baking pan with cooking spray. Slice the baguette and arrange slices in a single layer in the pan.
2. Beat eggs. Whisk in milk, vanilla, and half the brown sugar. Pour over bread. Scatter the peach slices evenly over the bread. Sprinkle with the remaining brown sugar and cinnamon. Cover and refrigerate overnight (this step is not absolutely essential but preparing ahead allows bread to soften and soak up flavors).
3. Preheat the oven to 350 degrees. Uncover and bake until it is slightly puffed and the bread is golden brown, about 40 minutes. Top with yogurt and drizzle with maple syrup, if desired.