

RECIPE

Banana Buttermilk Breakfast Muffins topped with Nutella®

Medium

45 min



INGREDIENTS

for 12 servings

1 cup (250 mL) all- purpose flour

1 cup (250 mL) whole wheat flour

½ cup (125 mL) quick- cooking rolled oats

2 tsp (10 mL) baking powder

1 tsp (5 mL) baking soda

4 over-ripe bananas, mashed

2 eggs

½ cup (125 mL) granulated sugar

½ cup (125 mL) unsweetened applesauce

½ cup (125 mL) buttermilk

1 tsp (5 mL) vanilla or maple extract

¾ cup (175 mL) NUTELLA®



To enjoy this delicious
recipe, 1 tablespoon of
Nutella® per person is all
you need!

METHOD

1

Pre-heat oven to 350°F (180°C). Spray non-stick muffin pan with cooking spray.

2

In a large bowl, combine flour, oats, baking powder and baking soda.

3

In another bowl, whisk together bananas, eggs, sugar, applesauce, buttermilk and vanilla. Pour over dry ingredients and stir until just combined.

4

Spoon into prepared muffin pan. Bake for 20 to 25 minutes or until a tester inserted into the center of a muffin comes out clean. Let cool in pan for 10 minutes. Transfer to rack to cool completely.

5

Spread each muffin with 1 tablespoon (15 mL) of NUTELLA®. Serve with fresh fruit or 100% juice and a glass of milk for a complete breakfast.