

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 prepare this delicious
recipe, 1 tsp of Nutella®
per person is enough to
enjoy!**

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.