

Hearty Breakfast Muffins

Savannah · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

50 mins

Description

Healthy hearty breakfast muffins These have a lightly sweet flavor and lots of wholesome ingredients to get your day started Moist chewy and not overly dense Easily customizable You can use any flavor of yogurt but I prefer plain Greek yogurt Customize with your favorite nuts or seeds zucchini or squash cooked sweet potato raisins or cranberries etc

Ingredients

- - 2 carrots
- shredded - 2 bananas
- mashed - 1 zucchini
- shredded - ¼ cup vegetable oil - ¼ cup yogurt - 2 eggs - 1 cup whole wheat flour - 1 ½ teaspoons baking soda - ½ cup packed brown sugar - ½ cup rolled oats - ½ cup shredded coconut - ½ cup chopped pecans - ½ cup dried cherries - 1 teaspoon ground cinnamon - 1 teaspoon salt - ½ teaspoon ground ginger

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper liners. Mix carrots
2. banana
3. zucchini
4. vegetable oil
5. yogurt
6. and eggs together in a large bowl until well combined. Whisk flour and baking soda together in a separate bowl. Mix brown sugar
7. oats
8. coconut
9. pecans
10. cherries
11. cinnamon
12. salt
13. and ginger into flour mixture until all ingredients are coated in flour. Stir banana mixture into flour mixture until just combined. Spoon batter into the prepared muffin cups
14. filling each 2/3 full. Bake in the preheated oven until tops spring back when lightly pressed
15. about 18 to 22 minutes. Cool in the tin for 10 minutes. Transfer to a wire rack to cool completely.