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Breakfast

Baked Goods

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Banana Protein Muffins

EatingWell



12 servings



35 minutes

INGREDIENTS

- 1 ½ cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup plain whole-milk Greek yogurt
- ⅓ cup creamy natural peanut butter, well stirred
- 2 large eggs
- 1 cup mashed banana (from 2 very ripe bananas)
- ½ cup packed light brown sugar
- ⅓ cup granulated sugar
- 1 teaspoon vanilla extract
- ¾ cup chopped walnuts, toasted



INSTRUCTIONS

1. Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners. Whisk flour, baking powder, cinnamon, baking soda and salt together in a medium bowl. Set aside.
2. Whisk yogurt and peanut butter together in a large bowl until smooth. Add eggs, banana, brown sugar, granulated sugar and vanilla; whisk to combine. Fold the flour mixture into the banana mixture until the flour is mostly incorporated.
3. Spoon the batter evenly into the prepared muffin cups (3 heaping tablespoons each); sprinkle evenly with walnuts. Bake until a wooden pick inserted in the centers comes out clean, 18 to 22 minutes. Remove from oven; let cool for 5 minutes. Serve warm or let cool completely, about 30 minutes.

NUTRITIONAL INFORMATION

Calories 193

Fat 6g

Protein 5g

Sugars 17g

Carbohydrates: 32g

Mom's Zucchini Bread

Allrecipes Member

 24 servings
2 loaves

 1 hr 40 mins

INGREDIENTS

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 tablespoon ground cinnamon
3 eggs
1 cup vegetable oil
2 ¼ cups white sugar
3 teaspoons vanilla extract
2 cups grated zucchini
1 cup chopped walnuts



INSTRUCTIONS

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

NUTRITIONAL INFORMATION

Calories 255

Fat 13g

Protein 3.3g

Sugars 19g

Carbohydrates: 32g

Healthy Oatmeal Breakfast Bars

Healthy Fitness Meals



12 servings



25 minutes

INGREDIENTS

- 2 bananas ripened and large; mashed
- ½ cup peanut butter or any kind of nut butter
- 1 teaspoon vanilla extract
- 1 ¾ cups quick oats
- 1 scoop chocolate protein powder or vanilla, plant-based for vegan option
- ½ cup dark chocolate chips dairy-free for vegan option
- ½ cup peanuts roasted and chopped



INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking pan with parchment paper. Set aside.
2. In a bowl, mash bananas with a fork or a potato masher until soft.
3. Stir in the remaining ingredients. Evenly spread and gently press the mixture into prepared baking pan.
4. Bake the bars for 15 minutes or until lightly golden on top.
5. Allow the oat bars to cool on a wire rack before cutting into squares.

NUTRITIONAL INFORMATION

Calories 195

Fat 10g

Protein 8g

Sugars 4g

Carbohydrates: 22g

Breakfast Blondies

Bon Appetit



16 servings



35 minutes

INGREDIENTS

- 6 Tbsp. unsalted butter, plus more for pan
- 1 cup chopped nuts, such as walnuts, hazelnuts, and/or pecans
- ¾ cup creamy unsweetened almond butter
- ½ cup pure maple syrup
- 2 Tbsp. flaxseed meal
- 2 tsp. vanilla extract
- 1 tsp. kosher salt
- ½ tsp. baking powder
- 3 large eggs



INSTRUCTIONS

1. Preheat oven to 350°. Line an 8x8" baking dish with a sheet of parchment paper, leaving an overhang on two sides. Grease parchment with butter.
2. Cook nuts and 6 Tbsp. butter in a medium skillet over medium heat, swirling pan often, until butter foams, then browns, 5–6 minutes. Strain through a fine-mesh sieve into a large bowl; set aside nuts. Add almond butter, maple syrup, flaxseed, vanilla, salt, and baking powder to hot brown butter and whisk until smooth. Add eggs one at a time, whisking to incorporate after each addition. Vigorously whisk batter until glossy and smooth, about 1 minute. Stir in all but about 3 Tbsp. reserved nuts. Scrape batter into prepared pan and spread in an even layer. Top with remaining nuts.
3. Bake blondies until top is puffed and lightly browned and a tester inserted into the center comes out with a few moist crumbs attached, 18–22 minutes. Let cool.
4. Remove blondies from pan using parchment overhang. Cut into squares.
5. Do Ahead: Blondies can be baked 3 days ahead. Store tightly wrapped in plastic at room temperature.

NUTRITIONAL INFORMATION

Calories 201

Fat 15.9g

Protein 5.6g

Sugars 6.8g

Carbohydrates: 9.9g

Apple Cinnamon Baked Oatmeal

Fit Foodie Finds



6 servings



40 minutes

INGREDIENTS

Wet

- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 cup maple syrup
- 3/4 cup unsweetened almond milk
- 2 tablespoons melted coconut oil

Dry

- 2 medium apples, shredded
- 2 cups rolled oats
- 1/2 cup white whole wheat flour (any kind of flour will work)
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg



INSTRUCTIONS

1. First, preheat oven to 350F then spray an 8×8-inch baking dish with nonstick cooking spray.
2. Begin by shredding 2 medium apples with the skin on. Then, place in a large bowl and add the rest of the ingredients. Mix until combined.
3. Transfer batter into baking dish and bake at 350°F for about 30 minutes or until the top begins to brown.

NUTRITIONAL INFORMATION

Calories 268

Fat 9g

Protein 7g

Sugars 14g

Carbohydrates: 41g