

# Health & Nutrition Sciences

## Low FODMAP Bare® Strawberry Banana Oat Muffins

Created by Alyssa Lavy, MS, RD, CDN



### INGREDIENTS (yields 12 muffins)

#### Dry Ingredients:

- 2 C Quaker® Gluten Free Old Fashioned Oats\*, plus additional ¼ C as reserve for topping
- 2 tsp baking powder
- ½ tsp salt
- ½ C Bare® Strawberry Banana Chips, plus additional ¼ C as reserve for topping

\* Look for specially marked packages

#### Wet Ingredients:

- 1 medium ripe banana
- ¾ C lactose-free plain 4% whole milk Skyr style yogurt
- 1 C lactose-free 2% milk
- 2 large eggs, raw
- 3 Tbsp avocado oil
- ⅓ C pure maple syrup
- 2 tsp pure vanilla extract
- Nonstick cooking spray

\* Ensure all ingredients are labeled and/or certified gluten free if you need to avoid cross contact with gluten, such as in the case of celiac disease.

### MATERIALS

- Oven
- 12-muffin tin
- Mini food processor
- Optional: Silicone muffin/cupcake liners

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

### NUTRITION FACTS

(1 SERVING IS EQUAL TO 1 MUFFIN)

- |                             |                           |
|-----------------------------|---------------------------|
| • <b>Calories:</b> 176      | • <b>Total Sugar:</b> 13g |
| • <b>Total Fat:</b> 6g      | • <b>Added Sugar:</b> 5g  |
| • <b>Saturated Fat:</b> 2g  | • <b>Fiber:</b> 2g        |
| • <b>Trans Fat:</b> 0g      | • <b>Protein:</b> 5g      |
| • <b>Cholesterol:</b> 35mg  | • <b>Sodium:</b> 224mg    |
| • <b>Carbohydrates:</b> 25g | • <b>Calcium:</b> 69mg    |

\* Nutritional analysis uses whole milk 4% yogurt and 2% milk

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## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Use mini food processor to grind 2 C Quaker® oats to a flour-like consistency. Transfer ground oat flour into a medium-sized mixing bowl.
3. Use mini food processor to chop Bare® Strawberry Banana Chips into small pieces. Add chopped pieces to medium-sized bowl with Quaker® oats.
4. Add the remaining dry ingredients (baking powder and salt) to medium-sized mixing bowl and mix ingredients together with a spoon.
5. In a separate, large mixing bowl, crack eggs and whisk together. Add yogurt, avocado oil, maple syrup, milk and vanilla extract to eggs. Whisk all ingredients together until well combined.
6. Use a fork to mash banana in a separate, small bowl until mostly smooth. Add mashed banana to wet ingredients and gently mix with the fork used to mash the banana.
7. Add dry ingredients to large mixing bowl filled with wet ingredients. Mix until ingredients are just combined – be careful not to overmix or you will end up with dense muffins. Allow batter to sit for 10 minutes. In the meantime, line 12 muffin tin with liners (if using them) and spray each liner, or pan, with nonstick cooking spray.
8. Use a spoon to fill each muffin liner - there should be enough batter to yield 12 muffins. Sprinkle the reserved ¼ C rolled Quaker® oats over the muffins. Crush the remaining ¼ C Bare® Strawberry Banana Chips in your hand so that small, chunky pieces form and sprinkle these pieces over the muffins, as well, to create a topping. Alternatively, you can crush the Bare® Chips in the mini food processor, but I recommend leaving the pieces slightly larger than the pieces inside the muffins.
9. Bake muffins in oven at 400 degrees Fahrenheit for 10 minutes, then reduce heat to 350 degrees Fahrenheit (keeping the muffins in the oven and the oven door closed the entire time) and bake muffins for another 15-20 minutes. A toothpick inserted should come out clean when done. Allow muffins to cool for at least 10 minutes.

\* These are delicious served warm out of the oven and they will also stay fresh in an airtight container on the counter for 3-5 days.



*Alyssa Lavy*  
Nutrition & Wellness LLC

Alyssa Lavy, MS, RD, CDN is a registered dietitian who believes that food should be satisfying, nourishing and delicious. She is the owner of Alyssa Lavy Nutrition & Wellness LLC, a private practice based in Connecticut with a focus on digestive health. She provides in person and virtual nutrition counseling with a highly individualized approach, as well as personal training and nutrition consulting for businesses. Alyssa regularly contributes to national media outlets, such as Women's Health, Shape, Reader's Digest, Cooking Light and more. You can follow her on Instagram @alyssalavyrd and Facebook @alyssalavy nutrition. You can also visit her website and view recipes and nutrition news on her blog at [alyssalavy.com](http://alyssalavy.com) or contact her directly at [alyssa@alyssalavy.com](mailto:alyssa@alyssalavy.com).



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