

Banana Nut Muffins

INGREDIENTS

- 1/4 c plain 0% Greek yogurt
- 4 eggs
- 1/2 c + 1 tbsp water
- 3/4 c THM Baking Blend (loosely pour into measuring cup and level with a knife)
- 1/4 c oat fiber (loosely pour into measuring cup and level with a knife)
- 1/4 c xes sweetener or THM Gentle Sweet
- 2 tsp baking powder
- 1/4 tsp mineral salt
- 1/2 c pecan halves (finely chopped)
- 1/2 tsp pure banana extract

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Line a 12-hole muffin tin with paper or silicone muffin liners. Spray lightly with cooking spray.
3. Add all ingredients to a mixing bowl. Whisk together well,
4. Transfer batter to fill the muffin tin filling each hole to the halfway mark, and bake for 15-18 minutes.

NOTES Technically, if you have ONLY one muffin and if you don't add any extra fat then this could be an FP as each muffin has exactly 5g of fat, but I prefer to keep these muffins in an S setting.