

DATE NUT MUFFINS

Serves 12

Ingredients:

- 1/2 Cup Plain Non-fat Greek Yogurt
- 1/4 Cup Low-fat Milk
- 1 Large Egg
- 1 Tbsp. Coconut Oil
- 1 Tsp. Vanilla Extract
- 1 Cup All Purpose Flour
- 1 Cup Rolled Oats
- 1/3 Cup Light Brown Sugar
- 1 Tsp. Cinnamon
- 1 Cup Pitted Dates (chopped)
- 1 Cup Walnuts (toasted and chopped)

Directions:

- Preheat oven to 375 degree. Line a muffin tin with paper liners.
- In a large mixing bowl, add the Greek yogurt, egg, coconut oil, and vanilla extract, whisk together, whisk together. Add the all-purpose flour, rolled oats, brown sugar, and cinnamon, stir until combined.
- Fold in the dates and walnuts.
- Scoop the muffin batter into the lined tins and place in oven for 15-20 minutes.
- Let muffins cool and ENJOY!

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

