

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.



Disney Check is a quick and easy way to identify healthier food and beverage options that meet Disney Nutrition Guideline Criteria in stores, online, at Disney theme parks and resorts, and other places where Disney products are sold.

