

High-Fiber Banana–Blueberry Muffins / Snack Cake

Yield: 12 muffins or 1 square pan (9 pieces)

- 240 g very ripe banana, mashed (≈ 3 medium bananas peeled)
- 1 large egg
- 120 g Greek yogurt (Oikos, nonfat)
- 60 g honey
- 1½ tsp vanilla extract
- 30 g chia seeds
- 60 g water (for chia gel)
- 15 ml soy milk (7-11 糖質 75%オフ 調整豆乳)
- 120 g rolled oats
- 140 g whole wheat flour
- 1½ tsp ground cinnamon
- ¼ tsp nutmeg OR cardamom
- 10 g baking powder
- ½ tsp baking soda
- 2 g salt
- 50 g blueberries (fresh or frozen, tossed with 1 tsp flour)
- 30 g walnuts, chopped



Instructions (Base Method)

1. Mix **chia seeds** and **water**; let stand **10–15 minutes** until gelled.
2. Preheat oven to **170°C**. Line muffin tin or parchment-lined square pan.
3. Mash **bananas**; whisk in **egg, yogurt, honey, vanilla, soy milk**, and **chia gel**.
4. Add **oats, flour, spices, baking powder, baking soda**, and **salt**. Stir just until combined.
5. Fold in **blueberries** and **walnuts** gently.
6. **Let batter rest 10 minutes** before baking.

Baking Method 1 — Muffins (12)

7. Fill muffin cups $\frac{3}{4}$ full.
8. Bake at **170°C** for **22–26 minutes**, rotating once.
9. Toothpick comes out clean or with moist crumbs.
10. **Cool 5 minutes**, then transfer to rack.

Baking Method 2 — Square Pan (9 pieces)

11. Pour batter into a 23 × 23 × 5 cm pan and level gently.
12. Bake at **170°C** for **30–38 minutes**, rotating once at ~18 minutes.
13. Center springs back lightly; toothpick shows moist crumbs.
14. **Cool 20 minutes**, lift out, and cut into 9 squares.

Nutrition

Per muffin (1 of 12): Kcal: 163 | Protein: 6 g | Fat: 5.6 g | Sat Fat: 0.8 g | Carbs: 24 g | Sugars: 12 g | Fiber: 6 g | Sodium: 120 mg | Omega-3: 1.1 g

Per square (1 of 9): Kcal: 217 | Protein: 8 g | Fat: 7.4 g | Sat Fat: 1.0 g | Carbs: 31.5 g |
Sugars: 16 g | Fiber: 8 g | Sodium: 160 mg | Omega-3: 1.5 g

Whole batch: Kcal: 1,950 | Protein: 72 g | Fat: 67 g | Sat Fat: 9 g | Carbs: 285 g | Sugars: 145
g | Fiber: 72 g | Sodium: 1,440 mg | Omega-3: 13.2 g