

## Low-Point Kashi Muffins

### Ingredients:

- 1 cup whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 3/4 cups Kashi GoLean Cereal
- 3/4 cup 1% milk
- 1/4 cup honey
- 2 egg whites
- 1/4 cup unsweetened applesauce
- 1 medium ripe banana, mashed
- Pam cooking spray

Preheat oven to 400 degrees. In a small bowl, stir together flour, baking powder, and salt. Set aside. In a large mixing bowl, combine cereal and milk; let stand for 2 to 3 minutes. Add the honey and egg whites and beat well. Stir in applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened. Fill sprayed muffin tins and bake for 20 to 25 minutes or until toothpick comes out clean when inserted in the middle of a muffin.

Total servings - 12

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))