

Peanut Butter Black Bean Mufns



YIELDS:

24 mufns

SERVING SIZE:

3 small mufns

INGREDIENTS:

1 (15 oz.) can of black beans,
drained and rinsed

1 cup rolled oats, uncooked

$\frac{3}{4}$ cup creamy peanut butter

$\frac{2}{3}$ cup egg substitute, such as Egg
Beaters brand

$\frac{1}{2}$ cup sweet onion, finely diced

1 Tbsp. hot sauce, such as Smoked
Chipotle Tabasco sauce

Pepper Jack cheese, shredded

Plain Greek yogurt and green onions to
garnish

DIRECTIONS:

Mix the first seven ingredients together to form a batter-like mixture with some texture left. In a small mufn pan, prepared with cooking spray, fill the cups $\frac{2}{3}$ of the way full and bake at 350 degrees F. for 18 minutes, rotating once to allow even cooking. Remove and top each mufn with one tablespoon of shredded cheese. Bake for an additional two minutes. Remove and cool before removing from the mufn pan. Serve with a small dollop of Greek yogurt and green onions on top as a garnish.

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