

Healthy Peanut Butter Greek Yogurt Cinnamon Roll Blondie Muffins You'll Want Every Morning

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OVEN
350°F

TIME
15 min

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INGREDIENTS

- 1 cup Greek yogurt
- 1/2 cup creamy peanut butter
- 2 large eggs
- 1/3 cup maple syrup or honey
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/2 cup oat flour or finely ground oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 tablespoons brown sugar
- 1 tablespoon melted butter or coconut oil
- 1/2 cup powdered sugar
- 1 to 2 teaspoons milk
- Splash of vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F and line a muffin tin with paper liners or grease it well.
2. Mix the wet ingredients. In a large bowl, whisk together the Greek yogurt, peanut butter, eggs, maple syrup, and vanilla until smooth.
3. Combine the dry ingredients. In a separate bowl, stir together the all-purpose flour, oat flour, baking powder, baking soda, cinnamon, and salt.
4. Make the batter. Add the dry ingredients to the wet ingredients and stir just until combined. Do not overmix.
5. Prepare the cinnamon swirl. In a small bowl, mix together the brown sugar, cinnamon, and melted butter or coconut oil.
6. Fill the muffin tin. Divide half the batter among the muffin cups. Add a small spoonful of the cinnamon mixture to each, then top with the remaining batter. Swirl lightly with a toothpick or knife.
7. Bake for 16 to 18 minutes, or until the tops are set and a toothpick inserted in the center comes out mostly clean.
8. Cool and finish. Let the muffins cool in the pan for a few minutes, then transfer to a wire rack. Drizzle with the optional glaze once cooled.

SWAPS & NOTES

Greek yogurt: Plain Greek yogurt works best, but vanilla Greek yogurt can add a little extra sweetness.

Peanut butter: Natural peanut butter works if it is well stirred.

Almond butter can also be substituted.

Flour options: Oat flour keeps the muffins tender and adds a

little heartiness.

TIPS FOR SUCCESS

Once the flour goes in, stirring too much can make the muffins dense instead of soft and tender.

Use room-temperature ingredients when possible.

That helps everything combine more smoothly and creates a more even texture in the finished muffins.

For the best cinnamon swirl effect, do not over-swirl.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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