



Banana Oatmeal Muffins

SERVES: 12

COOK TIME: 15-17 MINUTES

PREP TIME: 10 MINUTES

TEMPERATURE: 350 DEGREES

INGREDIENTS

3 medium ripe bananas
2 cups old fashioned oats
2 eggs
1/4 cup almond milk

1/4 cup honey
1 tsp. baking soda
1 tsp. vanilla extract
1/2 cup mini chocolate chips

DIRECTIONS

Preheat oven to 350 degrees and line muffin tin with cupcake liners.

Start by pureeing bananas and add in oats, egg, almond milk, honey, baking soda and vanilla extract. Blend or puree mixture. Fold in chocolate chips.

Fill muffin tins 3/4 of the way full. Bake for 15-17 minutes.

Enjoy!

Note: This recipe is very easy to customize. You can add cinnamon, dried fruits, or any other combination.

