

Healthy Banana Oat Muffins

Just 3 ingredients are needed for this delicious recipe.



You might be wondering how just a few bananas and oats can make muffins worth eating?? The ripe banana is surprisingly sweet enough to exclude any added sugar, and your optional mix-ins give you lots of flavor.

There are an endless number of mix-ins, so you can really customize them however you want (cinnamon raisin, chocolate walnut, pumpkin spice, berry vanilla... you name it!). The bananas and oats are just the base.

Because these are so dense, it's best to make them

in a mini muffin tin so that you have small on-the-go snacks.

These banana oat muffins really don't rise much (no flour, eggs or baking powder!) so you can fill the muffin tin all the way up. Traditional paper baking cups are not recommended because they tend to stick, but if you spray your muffin pan, they'll just slide right out.



Ingredients

- 4 large ripe bananas (mashed)
- 3 cups oats
- 1 tsp vanilla extract
- mix-ins of your choice (optional)

Instructions

1. Preheat your oven to 350 degrees and generously grease a mini muffin pan.
2. In a large bowl, mix together the mashed banana, oats and vanilla.
3. Add in the mix-ins of your choice; stir to combine.
4. Spoon the mixture into your muffin pan, filling them up close to the top.
5. Bake for 15-18 minutes and allow to cool for 5 minutes.
6. Store any leftovers in the fridge for up to 5 days.