

BANANA OAT MUFFINS

Serves 12 | Serving size: 1 muffin

Prep Time: 15 min

Cook Time: 25-28 min

INGREDIENTS

- ¼ cup canola oil + 1 tbsp
- ¼ cup honey
- 2 eggs
- 3 ripe bananas, mashed
- ¼ cup 1% milk
- 1 tsp vanilla extract
- 1 ½ cups whole wheat flour
- ½ cup large flake oats + 2 tbsp for garnish
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp ground cinnamon

DIRECTIONS

- Preheat oven to 325°F.
- Grease a muffin tin using 1 tbsp canola oil with either your hands or a paper towel.
- In a large bowl, whisk canola oil and honey. Add eggs and beat well. Mix in the mashed bananas, milk and vanilla extract.
- In a medium bowl, whisk together flour, oats, baking soda, salt and cinnamon.
- Fold dry ingredients into wet ingredients, stirring until just combined. There may be lumps.
 - * If adding any nuts fruit or chocolate, fold in ½ cup now.
- Divide the batter evenly between the 12 muffin cups. Lightly sprinkle the tops of the muffins with oats, using about 2 tbsp.
- Bake muffins for 25-28 minutes, until a toothpick inserted into a muffin comes out clean.
- Let sit until cool enough to touch. Remove muffins by running a butter knife along the outer edge to loosen them from the pan. Transfer to a cooling rack to cool completely.
- Store in an air tight container lined with paper towel.

Make it your own!

Switch this recipe up by trying these tasty add-ins:

Nuts and seeds – Walnuts, pecans, pumpkin seeds, sunflower seeds

Fruit –

- Fresh or frozen blueberries, cranberries or raspberries
- Diced fresh apples, strawberries or peaches
- Dried cranberries, raisins or apricots

Chocolate chips or dark chocolate chunks

Nutrition Tip

Whole wheat flour contains more fiber than white flour and will keep you fuller longer.



Information is per 1 muffin serving:

220	7g	1g	0g	220mg	33g	5g	10g	6g
CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	SODIUM	CARBS	FIBRE	SUGAR	PROTEIN

Stretch Your Budget

- Don't throw away over-ripe bananas! Peel, slice and freeze to use for baking or in smoothies. For baking, ensure bananas are completely thawed before using.
- Make a double batch of these muffins and freeze them for an easy breakfast or snack.

