

## Banana Zucchini Oatmeal Cups

Makes 18 muffins

Recipe From: [www.hummusapien.com](http://www.hummusapien.com)

### Ingredients

2 Tbsp ground flaxseed or chia seeds + 6 Tbsp water (or 2 eggs)  
¼ cup nut butter  
1-3 Tbsp pure maple syrup or honey (*optional for sweetness*)  
3 medium or 2 large ripe bananas  
2 small-medium zucchini, grated (don't squeeze water out)  
½ cup almond milk (any milk will work)  
1 tsp vanilla extract  
3 cups old-fashioned oats, dry  
1 Tbsp baking powder  
1 tsp cinnamon  
¼ tsp salt



Optional add-ins: ¼ cup walnuts

### Directions

1. Preheat oven to 375F. Spray a muffin tin with cooking spray or grease with coconut oil or line with silicone muffin liners.
2. Place ground flaxseed or chia seeds and water in a small bowl. Stir and set aside to "gel."
3. Place nut butter and, if desired, maple syrup or honey in a small bowl. Microwave for 20-30 seconds and stir to combine.
4. Place bananas in a large bowl and mash with a fork. Add grated zucchini, milk, vanilla extract, nut butter mixture, and flax mixture (or eggs), stirring to combine.
5. Add oats, baking powder, cinnamon, salt, and add-ins of choice. Stir until combined.
6. Spoon mixture into muffin cups, filling to the top.
7. Bake for 22-25 minutes.
8. Store cooled oatmeal cups in an air-tight container in the refrigerator or wrap individually and freeze for a quick breakfast or snack on-the-go.

**Nutrition Information per Serving (without maple syrup or honey):** 100 calories, 3.5gm total fat, 0.5 gm saturated fat, 125mg sodium, 16gm carbohydrates, 3g fiber, 3gm protein