

banana zucchini oatmeal cups

Makes 18 muffins

RECIPE ADAPTED FROM: [Hummusapian](#)

PREP TIME: 5-10 minutes

COOK TIME: 22-25 minutes

2 eggs OR flax egg (2 Tbsp ground flaxseed or chia seeds + 6 Tbsp water)

¼ cup nut butter

1 Tbsp pure maple syrup or honey (optional)

3 medium or 2 large ripe bananas

2 small-medium zucchini, grated (don't squeeze water out)

½ cup milk

1 tsp vanilla extract

3 cups old-fashioned oats, dry

1 Tbsp baking powder

1 tsp cinnamon

¼ tsp salt

¼ cup walnuts, chopped (optional add-in)

PREHEAT oven to 375°F.

SPRAY muffin tin with cooking spray or line with silicone muffin liners.

PLACE ground flaxseed or chia seeds and water in a small bowl. Stir and set aside to "gel." *Omit this step if using eggs.*

PLACE nut butter and, if desired, maple syrup or honey in a small bowl. Microwave for 20-30 seconds and stir to combine.

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.

ADD oats, baking powder, cinnamon, salt and if desired walnuts. Stir until combined.

SPOON mixture into muffin cups, filling to the top.

BAKE for 22-25 minutes in the oven.

STORE cooled oatmeal cups in an air-tight container in the refrigerator or in the freezer for a quick on-the-go breakfast or snack.

