

blender banana oat muffins

MAKES 12 muffins

COOK TIME: 13-15 minutes

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- 2 cups dry oats
 - 2 large ripe bananas
 - 2 large eggs
 - 1 cup plain unsweetened Greek yogurt
 - 2 Tbps raw honey or maple syrup (optional)
 - 1 ½ tsp baking powder
 - ½ tsp baking soda
 - ½ tsp vanilla extract
 - ⅛ tsp sea salt
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Optional Mix-ins (up to ½ cup):

- chocolate chips
- walnuts
- pecans
- Raspberries or blueberries (fresh or frozen)



PREHEAT oven to 400 degrees.

LIGHTLY grease a 12-cup standard muffin tin or line with liners.

PLACE all ingredients but the mix-ins in a blender.

BLEND on high, stopping to scrape down and stir the ingredients, until the batter is smooth, about 2-3 minutes. Then, stir in the mix-ins of choice (if desired).

DIVIDE the batter between the prepared muffin cups, filling each no more than ¾ of the way to the top.

PLACE in oven and bake for 13-15 minutes, until the tops of the muffins set and a toothpick inserted in the center comes out clean.

COOL in the pan for 10 minutes before serving.

NOTE: These muffins freeze really well! Make a large batch and keep them on hand for a quick breakfast or snack.