



HEALTHY BANANA MUFFIN RECIPE

INGREDIENTS

- 2 large very ripe bananas
- 1/4 cup coconut oil softened
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
(I do more like 3 tablespoons)
- 1 teaspoon baking powder
- sea salt
- 2 cups rolled oats
- blueberries or chocolate chips

PREP TIME: 10 MINS

BAKE TIME: 17 TO 19 MINS

SERVES: 10



DIRECTIONS

1. Preheat oven to 350F (180C)
2. Line baking sheet with parchment (grease-proof) paper
3. Mash bananas, coconut oil & vanilla
4. Combine in a separate bowl: rolled oats, cinnamon, baking powder & a pinch of sea salt
5. Stir rolled oats mixture into banana mixture
6. Add blueberries or chocolate chips
7. Spoon the dough onto a cookie sheet in 10 mounds - do not flatten
8. Bake for 10 minutes, rotate pan & then bake for 7 to 9 more minutes... or until the bottoms are golden