

BANANA OATMEAL MUFFINS (NO FLOUR NEEDED!)

★★★★★

COURSE: BREAKFAST CUISINE: GLUTEN-FREE

KEYWORD: BANANA OATMEAL MUFFINS

PREP TIME: 10 MINUTES COOK TIME: 25 MINUTES

TOTAL TIME: 35 MINUTES SERVINGS: 10 CALORIES: 118KCAL

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These Banana Oatmeal Muffins make a healthy snack or breakfast on the go! I love that they are sweetened with honey and are naturally gluten-free.

INGREDIENTS

- 2 ripe bananas
- 1 egg
- 3/4 cup rolled oats
- 2 tablespoons honey
- 1/2 cup all-natural peanut butter
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat the oven to 350°F and line a muffin tin with 10 muffin liners.
2. In a blender, and in the bananas, eggs, rolled oats, honey, peanut butter, baking soda, and salt. Blend until smooth, stopping to scrape the sides as needed.
3. Pour the batter evenly into the 10 muffin cups. (They should be about 3/4 the way full.) Top with a sprinkle of rolled oats, if desired. Bake at 350°F for 25 minutes, or until the center of the muffins feel firm to a light touch.
4. Allow the muffins to cool completely, then serve. These muffins will keep well at room temperature for up to 3 days, or up to a week when stored in an airtight container in the fridge.

NUTRITION

Calories: 118kcal | Carbohydrates: 10g | Protein: 5g | Fat: 7g | Saturated Fat: 2g | Cholesterol: 16mg | Sodium: 151mg | Potassium: 112mg | Fiber: 1g | Sugar: 5g | Vitamin A: 25IU | Calcium: 11mg | Iron: 0.6mg

<https://detoxinista.com/banana-oatmeal-muffins/>