



BLENDER BANANA MUFFINS

Stabilization (Week 5)

INGREDIENTS

3 ripe medium bananas	¼ cup honey or pure maple syrup
2 cups old fashioned oats*	1 TSP baking soda
2 eggs	1 TSP vanilla
¼ cup almond milk*	1/3 cup dairy free mini chocolate chips*

*Use certified gluten-free oats, non-dairy milk and dairy-free chocolate chips to make muffins gluten- and dairy-free.

INSTRUCTIONS

- Preheat oven to 350°. Spray muffin tin with cooking spray.
- Place bananas, old fashioned oats, eggs, almond milk, honey or pure maple syrup, baking soda and vanilla in a blender. Blend until well combined but not completely smooth. You still want to see some small pieces of oats in the batter.
- Add chocolate chips and blend for a few seconds to mix them in.
- Divide batter evenly between 12 muffins cups.
- Bake for 15-17 minutes, until a tester inserted into the center of a muffin comes out clean. Let cool in the pan for 10 minutes and then carefully transfer to a wire rack to finish cooling.

SERVING INFO: (Serves 12) 1 muffin = 1 GR, 1 FR

See photo of recipe at [Instagram](#) and [Facebook](#).