

Banana Oat Muffins

Serves 12

Ingredients:

2 mashed ripe bananas
1 egg
1 ½ cup old fashioned oats*
½ cup milk
½ teaspoon baking powder
1 teaspoon vanilla extract
½ cup dark chocolate chips



Directions:

1. Mash bananas with fork until smooth consistency. Beat in egg using fork.
2. Add in all other ingredients and mix until combined.
3. Pour into greased muffin pan two-thirds of the way full.
4. Bake at 375 degrees for 20-25 minutes

*Optional tip: Try pulsing oats in a food processor before adding to mixture for a smoother texture.

Nutrition Information per serving (1 muffin):

Calories: 120, Total Fat: 4.9 g, Saturated Fat: 3.7 g, Unsaturated Fat: 1.2 g, Cholesterol: 17.5 mg, Sodium: 11 mg, Carbohydrate 17 g, Fiber: 1.8g, Sugar: 7g, Added sugar: 0g, Protein: 3g

SOURCE: @ginger.and.spice | <https://www.instagram.com/p/CFzkAhGhah0/>
