



Simple | Healthy | Delicious

## Banana Chia Seed Muffins



### INGREDIENTS

1 1/2 c whole wheat flour

1/2 c oats

4 tablespoons chia seeds

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1/4 c sugar

2 small mashed bananas

1 egg

1/8 c coconut oil

1 teaspoon vanilla

1 c milk

\*Makes about 15 muffins.

### DIRECTIONS:

1. In one bowl mix together the dry ingredients: flour, oats, chia seeds, baking powder, baking soda, salt, cinnamon and sugar. In a second bowl, mash the bananas and then add the egg, oil, vanilla and milk. Mix until well combined. Then slowly add the liquid ingredients to the dry, mixing until just combined.
2. Pour into muffin tins. Bake at 375 degrees for 15-20 minutes, or until golden brown.