



Simple | Healthy | Delicious

## Banana Oatmeal Chocolate Hemp Seed Muffins



### INGREDIENTS

1 cup rolled oats
½ cup plain yogurt
½ cup milk
1 ½ cups flour
½ cup brown sugar
¼ cup cocoa powder
¼ cup Nature's Earthly Choice hemp seeds
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon sea salt
3 ripe bananas – mashed
⅓ cup oil
1 egg
½ cup chocolate chips

### DIRECTIONS:

1. Preheat oven to 375°F and line in a muffin tin with 12 baking cups.
2. In a large bowl, mix together oats, hemp seeds, yogurt and milk. Set aside to soak for 10 minutes.
3. Meanwhile, whisk together remaining dry ingredients in a small bowl: flour nutmeg.
4. In a medium bowl, whisk together mashed bananas with oil and egg. Add to the soaking oat mixture and stir to combine.
5. Slowly add the wet ingredients to the dry ingredients, stirring until just barely combined. Stir in chocolate chips. Do not overmix or you'll end up with tough, dry muffins.
6. Scoop batter evenly into 12 lined muffin tins, filling each to about ¾ full. Bake until toothpick comes out clean, about 20 minutes.