



Simple | Healthy | Delicious

Oatmeal Banana Nut Muffins

INGREDIENTS

1 egg
¼ cup brown sugar
2 medium ripe bananas
½ cup non-dairy milk
1 teaspoon pure vanilla extract
1 cup oats
1 cup Nature's Earthly Choice Nut Flour Blend
½ teaspoon baking powder
1 teaspoon ground cinnamon



DIRECTIONS:

1. Pre-heat the oven to 350 degrees Fahrenheit. Line a standard muffin tin with cupcake liners. In a large bowl, whisk the egg and brown sugar until creamy.
2. Mash the bananas with a fork and add to the egg mixture. Mix in the milk and vanilla extract.
3. Fold in the oats, nut flour, baking powder, and cinnamon. Transfer the batter to the muffin tin, filling each liner ½ full. If you'd like, garnish with extra brown sugar.
4. Bake for 15 to 20 minutes or until a toothpick comes out clean.