

Healthy (and delicious) Banana Muffins



I made these muffins recently (I make them all the time) and realized I had never put them on the website. My version is inspired by Cookie and Kate's recipe page with a few tweaks and makes 12. Enjoy!

Ingredients:

- ⅓ cup melted coconut oil
- ½ cup pure maple syrup
- 2 eggs
- 1 cup mashed banana (I keep mine in the freezer, defrost and mash, 3 is a good number)
- ¼ cup milk (I use Ripple or coconut)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 ¾ cups whole what flour (you could use the white whole wheat flour)
- ⅓ cup old-fashioned oats (plus another tablespoon, divided)

1. Preheat the oven to 325 degrees Fahrenheit. Prepare pans or use the liners.
2. In a large bowl whisk together coconut oil and maple syrup. Add the eggs and beat well, adding the mashed bananas, milk, baking soda, vanilla extract, salt and cinnamon.
3. Add the flour and oats to the bowl and mix with a large spoon, until just combined.
4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with a small amount of oats.
5. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
6. Place the muffin tin on a cooling rack to cool.

Enjoy!