



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	12

Banana Oatmeal Blender Muffins

Delicious Gluten free, dairy free, refined sugar free muffins you prepare in the blender!

Ingredients

2 cup	Rolled oats- Gluten Free (quick cooking or old fashioned))
2 large	Banana (s) (large very ripe)
1 cup	Yoso Plain Unsweetened Coconut Yogurt
2 large egg	Egg
2 tbsp	Honey
1 1/2 tsp	Baking powder
1/2 tsp	Baking soda
1/2 tsp	Vanilla extract, pure
1 tsp	Salt
1/4 cup	Dairy-free mini chocolate chips
1/4 cup	Walnuts

Instructions

1. Preheat the oven to 400 degrees F. Lightly grease a 12-cup muffin tin or line with paper liners.
2. Place oats, eggs, banana, coconut yogurt, honey, baking powder, baking soda, vanilla extract, and salt into a blender or food processor. Blend or process on high for 2-3 minutes until well combined. Stir in the chocolate chips and walnuts by hand, do not blend.
3. Divide the batter among the prepared muffin cups. Sprinkle with additional chocolate chips or nuts if you wish. Bake for 15 minutes, until the tops of the muffins are set and a toothpick inserted in the center comes out clean. Place the pan on a wire rack and let the muffins cool in the pan for 10 minutes.

Recipe from: Well Plated by Erin