

No Flour, No Sugar Banana Oatmeal Muffins (Makes 12 servings)

1 1/4 cup rolled oats– blended in a blender or food processor to a powder – like oatmeal flour

1 cup rolled oats

2 Tbs Milled Flax seed (optional)

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/4 cup honey (or Agave)

1 egg

3/4 cup fat-free milk

1/3 cup vegetable oil (or canola oil)

1/2 teaspoon vanilla extract

1 cup mashed bananas



Directions

Preheat oven to 350 degrees F.

Combine ground oats, rolled oats, flax seed, baking powder, soda, and salt.

Stir in the egg, milk, oil, honey, and vanilla.

Add the mashed banana and combine thoroughly.

Grease or line a muffin tin with paper bake cups, and divide the batter among them.

Bake at 350 degrees F for 15-20 minutes (10 minutes for mini muffins). Or until a toothpick inserted in the center comes out clean.

Allow to cool completely and enjoy!

Pictured above are mini muffins. Have you ever tried popping muffins into the freezer? It makes the perfect bite-sized snack on the go and they only take a minute to thaw!

Nutrition Facts (per serving): Makes 12 servings

169 calories

22 g carbohydrate

3 g protein

8 g fat

1 g saturated fat