

# BANANA MUFFINS



So it's cold outside and we're craving comfort food! What's the healthy solution? Baking banana muffins of course!

## INGREDIENTS:

- 3 ripe bananas
- 2 organic/free range eggs
- ⅓ cup melted coconut oil
- ½ cup raw honey
- ¼ cup milk of coconut milk
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- Pinch of salt
- ½ teaspoon cinnamon
- 1 ¾ cup white whole wheat flour
- ⅓ cup rolled oats
- 1 teaspoon finely flaked coconut for sprinkling on top

## HOW TO MAKE IT:

- Preheat the oven to 325 degrees Fahrenheit (165 degrees Celsius) and lightly grease the muffin tin with butter
- In a large bowl, mix together the honey & coconut oil
- Add the eggs and beat well with a whisk
- Mash the bananas and mix into the bowl with the milk, followed by the baking soda, vanilla extract, salt and cinnamon
- Add the oats & flour to the bowl and mix until combined
- Divide the batter evenly between the muffin cups, filling each cup about two-thirds full
- Bake for 22 to 25 minutes
- Place the muffin tin on a cooling rack to cool
- Makes 12 deliciously healthy muffins that will keep at room temperature for up to 2 days, in the fridge for 4 days or in the freezer for 3 months!

## TOP TIP:

*You can also add in all sorts of healthy extras such as raisins, cranberries and chopped nuts for delicious variations (we recommend doing this at stage 5)*

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