

BITE-SIZE BANANA OAT MUFFINS

Easy to make with no refined sugar!

Ingredients:

2 cups rolled (old fashioned) oats

3 ripe bananas

2 eggs

12 whole dates

1 tsp baking soda

¼ tsp cinnamon

Pinch of salt

Optional toppings: chopped nuts such as walnuts or pecans, shredded coconut, mini chocolate chips.

Preheat the oven to 350 degrees Fahrenheit. Spray a 24 cup mini muffin pan with non-stick cooking spray.

Mix all ingredients except the chopped nuts in a blender or food processor until smooth (if dates are dry, soak in warm water for a minute before adding to blender or food processor).

Scoop batter into muffin tins and top with toppings as desired. Bake for 14-16 minutes or until done. Remove from pan onto a cooling rack. Store in the refrigerator for up to 3 days.

Yield: 24 mini-muffins

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