

BANANA OAT MUFFINS

Ingredients

- 1.5 cups oats
- 1 banana (half for batter, half for garnish)
- 1 cup medijool dates, pitted
- 1 tbsp chia seeds
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tbsp honey
- 1.5 cups almond milk
- 1 egg
- Oats, honey & desiccated coconut to garnish (optional)

Method

Preheat oven to 160°C

Blitz oats until fine, then add in the rest of the ingredients and blend until smooth.

Line a muffin tin with casings and lightly spray with oil. Pour in batter 3/4 of the way full.

Cook in the oven for 30-40 minutes.

Remove, garnish and enjoy!