

Cinnamon Oat Muffins

These muffins are easy to make, super healthy and delicious. They make a great snack on the go or dessert!

Prep:
15 minutes

Cook:
45 minutes

Ready In:
60 minutes

Servings:
12



Muffins

- 4 super ripe bananas
- 2 cups oat flour
- 1/2 cup rolled oats
- 1/4 cup coconut sugar
- 1 cup unsweetened soy milk
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tsp cinnamon

Toppings

- 1 tbsp coconut sugar
- 1 tbsp rolled oats
- cinnamon (optional)

Instructions

- 1** Preheat oven to 350 degrees. In a large bowl add all of your ingredients except the banana and soy milk and mix together. In another bowl place your bananas and mash together with the soy milk until there are no big chunks of banana left. Pour your banana/milk mix into the dry ingredients and stir until there are no dry spots.
- 2** In a non stick muffin pan add your mixture into the 12 separate slots. Top with a pinch of the extra coconut sugar and oats. You can also top these with cinnamon as well if you like. Bake for 45 minutes. Let cool 15 minutes before removing from pan.