

BANANA OAT MUFFINS



INGREDIENTS

2 ripe bananas, mashed

2 cups old-fashioned oats

2 eggs

1 tsp baking powder

1/2 tsp ground cinnamon

1/4 tsp salt

1/2 cup milk

Cooking spray

DIRECTIONS

1. Heat the oven to 375 F and grease a 12-cup muffin pan.

2. Mash the peeled bananas in a large bowl until smooth.

3. Then, add eggs and milk; stir well.

4. Finally, mix in the oats, baking powder, cinnamon and salt.

5. Divide the batter evenly among the cups and bake for 18-22 minutes, until set.

6. Allow muffins to cool before removing them from the pan.