

# Healthy Mini Banana Muffins

## Ingredients:

- 1/3 cup melted coconut oil or extra-virgin olive oil
- 1/2 cup maple syrup or honey
- 2 eggs, preferably at room temperature
- 1 cup packed mashed ripe bananas (about 3 bananas)
- 1/4 cup milk of choice or water (I used almond milk)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon, plus more for sprinkling on top
- 1 3/4 cups whole wheat flour
- 1/3 cup old-fashioned oats (optional), plus more for sprinkling on top
- 1 teaspoon turbinado (raw) sugar or other granulated sugar, for sprinkling on top
- Additional mix-ins: nuts, chocolate or dried fruit

## Directions

1. Preheat the oven to 325 degrees Fahrenheit. If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray.
2. In a large bowl, beat the coconut oil and maple syrup together with a whisk. Add the eggs and beat well. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon in total), followed by a light sprinkling of sugar (about 1 teaspoon in total). Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.

*These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed)*

MADE WITH LOVE

by Teresa Forchard

Inspired by Cookie + Kate