



## Healthy Banana Muffins

12 servings

35 minutes

### Ingredients

- 2 Eggs
- 2 tbsps Pure Maple Syrup
- 1 tsp Vanilla Extract
- 3 Banana (very ripe)
- 125 milligrams Unsweetened Almond Milk (Or any milk of choice)
- 75 grams Oats
- 260 grams Flour
- 1 tsp Baking Soda
- 1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	150
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	30g
Fiber	2g
Sugar	6g
Protein	4g

### Directions

- 1 Preheat oven to 180°C (350°F) and line a 12-cup muffin tray with paper cases.
- 2 In a large bowl, whisk the eggs, maple syrup and vanilla extract together until well-combined. Stir in the mashed bananas and milk.
- 3 In a separate bowl, combine the rolled oats, wholemeal flour, baking soda and cinnamon.
- 4 Add the banana mixture to the dry ingredients and mix with a wooden spoon, until just combined.
- 5 Divide the batter evenly between the 12 cases.
- 6 Bake the muffins for 15-20 minutes, or until a skewer inserted into the middle of the muffin comes out clean.
- 7 Leave the muffins to cool for 5 minutes in the muffin pan. Turn out carefully onto a wire rack to cool completely. If you like you can top them with a slice of fresh banana. Enjoy!

### Notes

**Swaps:** \* Honey can replace maple syrup. \* Eggs can be replaced with either a half cup of yoghurt or flax seed. If you choose to use flax seed, simply combine 1 tablespoon ground flaxseed with 2.5 tablespoons of water. Then let it sit for 5 minutes.

**Health Facts :** Bananas have long been a favourite source of energy for endurance and recreational athletes. They include easily digested carbs, as well as the minerals potassium and magnesium, both of which act as electrolytes.