

## BAKED OATMEAL BANANA

# MUFFINS

### INGREDIENTS

- 2 and ¼ cups** old-fashioned rolled oats
- 1 tsp** baking powder
- ½ tsp** ground cinnamon
- ¼ tsp** salt
- 1 cup** mashed banana
- ¾ cup** milk
- ¼ cup** honey
- 1** large egg
- 1 tsp** vanilla extract

### DIRECTIONS

- Preheat oven to 350F. Spray a 12-count muffin pan with nonstick cooking spray and set aside.
- In a large mixing bowl, mix the oats, baking powder, ground cinnamon, and salt. Set aside.
- In a separate large mixing bowl, whisk together the mashed banana, milk, honey, egg, and vanilla extract until fully combined. Add the dry ingredients to the wet ingredients and mix until well combined.
- Evenly distribute the mixture between all 12 cavities of the prepared muffin pan. Bake at 350°F (177°C) for 20-25 minutes or until the tops of the oatmeal cups are set and firm.
- Remove from the oven and allow to cool for 10 minutes in the muffin pan. Then, carefully remove the oatmeal cups from the pan and transfer to a wire rack to cool.

