

# Banana Oatmeal Muffins

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## Ingredients:



- 3 large, ripe bananas
- 2 eggs
- 1/3 cup of honey
- 3/4 cup of your favourite milk
- 2 teaspoons of pure vanilla
  
- 1 1/2 cups of gluten-free oat flour
- 1 cup of gluten-free oats
- 2 teaspoons of baking powder
- 1 teaspoon of cinnamon
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of salt

## Steps:

1. Preheat the oven to 325 degrees.
2. Mash bananas until smooth. Add in eggs, honey, milk, and vanilla and mix to combine.
3. Mix dry ingredients in a separate bowl.
4. Add wet ingredients to dry ingredients and mix just until combined. Allow batter to sit for 10 minutes.
5. Scoop into silicon muffin cups and bake for approximately 20 minutes.