

BANANA OAT MUFFINS (VEGAN)

Yield: 12 muffins

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

INGREDIENTS:

- 3 ripe medium size bananas
- 1/2 cup almond milk (or whichever milk you prefer)
- 1/4 cup Canola Oil
- 2 tsp vanilla extract
- 2/3 cup brown sugar
- 1 1/4 flour (whole wheat can be used)
- 1/2 cup quick cooking oats
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1 pinch salt
- 1 tbsp apple cider vinegar (regular vinegar works too)

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Line a muffin tin with cupcake liner or spray with some oil.
2. In a medium size bowl, mix together the bananas, milk, canola oil, vanilla extract and brown sugar.
3. In a separate large bowl, whisk together the flour, oats, baking powder, baking soda, cinnamon and salt.
4. Add the wet ingredients into the dry ingredients and mix together until just combined.
5. Stir in the vinegar.
6. Divide batter evenly among the muffin cups.
7. Put the muffins into the oven and bake for 20-30 minutes. Test the doneness by inserting a toothpick or fork into the center of a muffin and comes out clean. Let muffins cool in pan for about 5 minutes. Transfer muffins onto a rack and let cool completely. Enjoy!

NOTES:

- Stir in blueberries, strawberry pieces, chocolate chips, or grated carrots to change it up!
- Store in airtight container for up to 2 days.
- These freeze well, too! Freeze individually in a freezer bag. These can be placed in a lunch box or popped in the microwave for 40 seconds.