

Gluten Free Blueberry Banana Muffin



Ingredients

- 2 Cups Quaker® Gluten Free Quick 1-Minute Oats
- 3/4 Cup Banana, Mashed
- 2 Eggs
- 2/3 Cup Unsweetened Almond Milk
- 2 Tbsp Of Honey
- 2 Tsp Vanilla Extract
- 1 Tbsp Cinnamon
- 1 Tbsp Ground Flax Seed
- 1/4 Tsp Salt
- 1 Cup Fresh Blueberries

How to make it

1. Preheat the oven to 400° F and spray a muffin pan with cooking spray or line with lines.
2. In a medium sized bowl mash the banana and add eggs, almond milk, honey and vanilla extract. Mix together until well combined.
3. Add the oats, cinnamons, ground flax seed, and salt. Stir together and let sit for 3-4 minutes. Fold in the blueberries, reserving about 2 tbsp. for sprinkling on top.
4. Use an ice cream scoop to portion the batter into the muffin pan. Sprinkle 2-3 blueberries on top of each cup.
5. Bake for 18-20 minutes until each of the oat cups is set.
6. Remove from the oven, let cool and enjoy! Store in the fridge for 3-4 days.

[title] Maggie Michalczyk, RDN.



PREP
TIME

-



COOK
TIME

-



TOTAL
TIME

-



SERVING

Makes 12
muffins

Made with



Quaker® Gluten Free Quick 1-Minute Oats