Blueberry Banana and Oat Muffins

Source: Ashley Madden of RiseShineCook.ca

About the Recipe

261 Calories · 5 Protein · 5 Fiber
Breakfast

Ingredients

Makes 10 Servings

- 2 1/2 cups (313 g) oat flour
- 1/2 cup (78 g) gluten-free, old-fashioned rolled oats
- 1/4 cup (44 g) chia seeds
- 2 teaspoons (9 g) baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3/4 teaspoon salt
- 2 ripe bananas (about 1 cup or 225 g mashed)
- 1/3 cup (86 g) creamy unsweetened sunflower butter
- 1/3 cup (107 g) maple syrup
- 1 teaspoon pure vanilla extract
- 1/2 cup (120 mL) unsweetened plain oat milk
- 1 cup (145 g) fresh or frozen blueberries

Directions

1. Preheat the oven to 350 F and position the oven rack to the middle of the oven.
2. In a large bowl, mix together oat flour, almond flour, rolled oats, chia seeds, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. In a medium bowl, mash the bananas until there are no more chunks. Add the almond butter and maple syrup and mix until well combined. Now add the

almond milk and vanilla and mix together.

4. Add the wet ingredients to the dry and mix until no dry spots remain. Now fold in the blueberries. Scoop out a heaping 1/3 cup of batter into each muffin mold (I use my 3.25-ounce disher). You should get 10 muffins. Bake in the oven for 23 to 25 minutes until the muffins are lightly firm to touch. Let the muffins cool in the pan for 15 minutes. Then gently transfer to a cooling rack to cool completely. Keep in the fridge for up to 3 days or in the freezer for up 3 months.

Nutrition Facts

Per Serving:
Calories: 261
Total Fat: 7 g
    Saturated Fat: 1 g
    Calories From Fat: 22%
Cholesterol: 0 mg
Protein: 5 g
Carbohydrate: 47 g
Sugar: 11 g
Fiber: 5 g
Sodium: 376 mg
Calcium: 120 mg
Iron: 2 mg
Vitamin C: 4 mg
Beta-Carotene: 15 mcg
Vitamin E: 2 mg