



ASHLEY'S MEAL PREP MONDAY



SUGAR FREE BANANA MUFFINS

Pre heat oven to 325

Highly recommend the silicone muffin pan OR liners. If you don't have those, make sure you spray the tin

In large bowl, whisk melted coconut oil and maple syrup.

Add eggs and whisk, followed by the mashed bananas and milk

Add baking soda, vanilla salt and cinnamon

Add flour and oats and mix with spoon

Include any additional add-ins. (I used Lily's sugar free chips)

Divide the batter evenly between muffin cups

Sprinkle the tops with cinnamon/sugar, followed by a small amount of oats

Bake for 20-25 minutes

- 1/3 cup melted coconut oil
- 1/2 cup maple syrup (Walden Farms makes a great sugar free)
- 2 eggs
- 3 ripe bananas
- 1/4 cup unsweetened almond milk
- 1 TSP baking soda
- 1 TSP vanilla
- 1/2 TSP salt
- 1/2 TSP cinnamon, plus more for sprinkling on top
- 1/2 TSP monkfruit sweetener
- 1 3/4 cups white whole wheat flour
- 1/3 cup old-fashioned oats, plus more for sprinkling on top

