



Ashley's Meal Prep Monday!



Maple Sweetened Banana Muffins

INGREDIENTS

1/3 cup melted coconut oil
1/2 cup maple syrup or honey
2 eggs
1 cup packed/mashed bananas
1/4 cup almond milk
1 TSP baking soda
1 TSP vanilla
1/2 TSP salt
1/2 TSP cinnamon - plus more to sprinkle on top
1 3/4 cup whole wheat flour
1/3 cup rolled oats - plus more to sprinkle on top
1 TSP granulated sugar (Swerve or Monkfruit is usually what I use)
Don't forget to add in some chocolate chips! 😊



Preheat oven to 325. Grease a muffin tin, or use liners. I highly recommend silicone liners or pan. They work great and nothing sticks!

In a large bowl, whisk coconut oil and maple syrup together. Add eggs and whisk again. Mix in bananas and milk - followed by baking soda, vanilla, salt and cinnamon,

Add flour and oats and mix well with large spoon until combined. Add in any additional mix-ins like nuts, chocolate chips, or dried fruit.

Divide batter evenly in muffin cups about two thirds full. Sprinkle the tops with a small amount of oats and a light sprinkling of sugar/cinnamon. Bake for 22-ish minutes and enjoy!

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