

## Banana Oat Muffins with Flax Seed

These muffins are full of fiber and are a great breakfast addition or snack.

**Prep time:** 10 minutes

**Cook time:** 25 minutes

**Total time:** 35 minutes

**Makes:** ~14-16 muffins

### Ingredients

#### *Dry Ingredients*

- 1¾ cup oat flour
- 1¼ cups rolled “old-fashioned” oats
- 2 tablespoons ground flax seeds (aka flax meal)
- 2 teaspoons ground cinnamon
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- Optional: ½ cup chopped walnuts

#### *Wet Ingredients*

- 1 cup plus 2 tablespoons mashed banana (approximately 2-3 ripe bananas)
- ¼ cup avocado oil or olive oil
- ½ cup pure maple syrup
- 1 egg
- 1/3 cup milk or unsweetened plant-based milk
- 1 teaspoon pure vanilla extract

### Instructions

1. Preheat oven to 325°F. Line two muffin pans with approximately 16 muffin liners and set aside.
2. In a large mixing bowl, add the dry ingredients: oat flour, oats, flax seeds, cinnamon, baking powder, baking soda, sea salt, and chopped walnuts. Stir until well-combined.
3. In a medium mixing bowl, mash bananas and measure out 1 cup plus 2 tablespoons. Remove any excess banana. Next add in oil, maple syrup, egg, milk, and vanilla. Whisk together until well-combined.
4. Add wet ingredients to dry ingredients and stir until incorporated and free of flour patches. Using a large scoop, scoop and drop batter into muffin liners, just filling about ¾ full.
5. Bake for 22-25 minutes then allow to cool completely on cooling rack for 10 minutes or so before eating.



Recipe by: Lisa Markley, MS, RDN, LD [lisa.markley@adventhealth.com](mailto:lisa.markley@adventhealth.com)

For more health-supportive recipes that don't sacrifice on flavor visit [www.wholehealthinstitutekc.com](http://www.wholehealthinstitutekc.com).