

Choco Fever Dream

Healthy Banana Oatmeal Muffins – Quick & Easy

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1 ½ cups old-fashioned rolled oats
- [ ] ½ cup whole-wheat flour
- [ ] ½ cup Greek yogurt
- [ ] ¼ cup honey
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp cinnamon
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] 1 tsp lemon zest

Optional Add-ins

- [ ] ½ cup chopped walnuts
- [ ] ¼ cup dark chocolate chips

Instructions

1. Pre-heat the oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a large bowl, mash the bananas until smooth, then stir in the Greek yogurt, honey, eggs, and vanilla.
3. In a separate bowl, whisk together the oats, flour, cinnamon, baking soda, and salt; stir in the lemon zest.
4. Gently fold the dry mixture into the wet ingredients until just combined; if desired, fold in walnuts or chocolate chips.
5. Spoon the batter into the liners, filling each about three-quarters full. Cranberry orange muffins inspiration reminds me to add a sprinkle of cinnamon on top.
6. Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean. Let cool for a few minutes before removing from the tin.

Nutrition per serving

210 kcal	7 g	36 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too thick, add a splash of milk or plant-based milk.
- For extra sweetness, drizzle a thin layer of honey on warm muffins.
- These muffins freeze well; reheat in a toaster oven for a freshly-baked feel.