



5 INGREDIENT BANANA BREAD MUFFINS

Makes 12 muffins

INGREDIENTS

2 cups gluten-free oats
3 bananas
2 eggs
3/4 cup pitted whole dates
1 teaspoon baking soda
Pinch of salt
Pinch of ground cinnamon

Preheat oven to 350°F.

Grease a muffin tin.

Mix all ingredients in a blender or food processor until smooth.

Pour batter into muffin tin (you should have enough for 10-12 standard size muffins).

Bake for 15 to 20 minutes. Store in the fridge for up to 3 days or in the freezer for 2 to 3 months.

Eat as-is, or smear with nut butter (my fave)!

