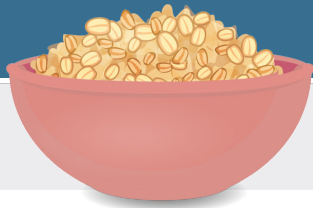


BANANA OATMEAL MUFFINS



October 29

National Oatmeal Day

INGREDIENTS

- 3 Large Bananas (mashed)
- 2 Large Eggs
- ½ Cup Maple Syrup
- ½ Cup Milk
- 1 Cup Rolled Oats
- 1½ Cups Pastry Flour
(enriched or whole grain rich)
- 1 Teaspoon Cinnamon
- ⅛ Teaspoon Nutmeg
- 1 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda

DIRECTIONS

1. Preheat the oven to 425°. Line a muffin tin with silicone muffin liners or grease.
2. Combine mashed bananas, eggs, maple syrup, and almond milk. Mix until well combined.
3. Add in oats and let sit for 4-5 minutes.
4. Add the whole wheat pastry flour, cinnamon, nutmeg, baking powder, and baking soda. Mix until just combined.
5. Divide batter among the muffin tin evenly. Place in oven and immediately turn down to 350°. Bake for 15-20 minutes or until an inserted toothpick comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins