



STRAWBERRY COCONUT OATMEAL MUFFINS

December 19

National Oatmeal Muffin Day

INGREDIENTS

- 2 Large Bananas (mashed)
- 2 Large Eggs
- ¼ Cup Maple Syrup
- 1 Cup Milk
- 1 Teaspoon Vanilla Extract
- 2 Cups Rolled Oats
- ½ Cup All-Purpose Flour
- 1 Teaspoon Baking Powder
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Salt
- Diced strawberries
- Unsweetened coconut flakes

DIRECTIONS

1. Preheat the oven to 350° and line a muffin tin with silicone muffin cups or generously spray muffin tin with non-stick cooking spray.
2. In a large bowl, mash banana, Add in eggs, maple syrup, milk and vanilla. Mix to combine. Set aside.
3. In another large bowl, mix together all of the dry ingredients.
4. Slowly add the wet ingredients to the dry ingredients. Mix until combined.
5. With a spoon, add batter to each muffin cup, filling each to close to the top. Add desired toppings to the top of each cup, pressing into the cup slightly to get some of the ingredients into the centre of the muffins.
6. Bake for 20-23 minutes or until inserted toothpick comes out clean. Allow to cool before removing from muffin tin.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

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