

HEALTHY BANANA OAT MUFFINS



QUICK

10 mins



HEALTHY

Greek yoghurt contains probiotics which can boost your immune system and reduce stomach issues

FAMILY

Enjoyed by all members of the family

MEALS

A great healthy snack for the kids when they get in from school or as a healthier dessert

INGREDIENTS

- 2 ripe bananas – the riper the better
- 2 eggs
- 1 tsp vanilla essence
- 250g Greek yoghurt
- 550 ml milk
- 4-6 tbs agave syrup/honey (I do 4 but if you like it a little sweeter do 5 or 6)
- 2 tsp cinnamon
- ½ tsp salt
- 300g oats
- Optional toppings – apple pieces, raisins, strawberries, raspberries, blueberries, blackberries, peanut butter, nuts, raisins

METHOD

1. Heat your oven to 180°C
2. Grease your muffin tin or put paper cases in your muffin tin (no need to grease them)
3. Mash the bananas
4. Add the eggs, vanilla essence, agave syrup, cinnamon, salt, Greek yoghurt and mix
5. Add the oats, then milk and mix – it will be pretty sloppy
6. 1/3 fill each muffin case with the mixture
7. Add some of your filling
8. Fill with mixture
9. Add more filling
10. Cook in the oven for 35-40 mins
11. Leave on a wire rack to cool
12. Eat and enjoy



TOP TIP !

Don't take the paper off until the muffins are cold or it will stick.

I'm happy to give these to my kids for breakfast as well as dessert or packed lunch



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com