

# Flourless Oatmeal Apple Muffins

## INGREDIENTS

- 2 cups oats
- 1.5 tsp cinnamon
- 3/4 tsp baking powder
- dash of salt
- 2 eggs
- 3 ripe bananas, mashed
- 1 1/4 cup milk
- 1/4 cup packed brown sugar
- 2 tbsp softened coconut oil
- 2 tsp vanilla
- 3 small apples peeled, and chopped finely



## DIRECTIONS

1. Preheat oven to 375 F and grease 2 muffin tins.
2. In a large bowl, mash bananas with a fork. Add eggs, vanilla, brown sugar and milk and blend well (we used a fork).
3. Melt coconut oil in the microwave and allow to cool a little bit. Add it into the mixture and stir until well blended.
4. Add dry ingredients (oats, cinnamon, baking powder and salt) to the wet mixture and blend well. Add chopped apple and stir a little more.
5. Fill muffin tins 2/3 cup full and bake at 375 F for 25 minutes. Allow to cool and enjoy!

Recipe by Sarah Remmer (online source:

<https://www.sarahremmer.com/flourless-oatmeal-apple-muffins/>)