

The Easiest Oatmeal Muffins You'll Ever Make

INGREDIENTS

- 2 ripe bananas, mashed
- 2-2.5 cups leftover oatmeal (made with rolled oats or large flake oats)
- 1 cup milk
- 3 eggs, whisked
- 1/4 cup chia seeds
- 1/4 cup maple syrup
- 1 tsp cinnamon
- 1 cup toppings of choice (chocolate chips, fresh or frozen berries, dried fruit, nuts, seeds, coconut etc.)



DIRECTIONS

1. Preheat oven to 375 F
2. Grease a 12 cup muffin tin
3. In a large mixing bowl, combine all of the ingredients and mix
4. Scoop mixture into muffin cups (fill to about 3/4 full)
5. Top with toppings!
6. Transfer to oven and bake for about 25 minutes (until golden brown on top)

Recipe by Sarah Remmer (online source: <https://www.sarahremmer.com/the-easiest-oatmeal-muffins-youll-ever-make/>)