

Healthy Banana Muffins

Yield: 12 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pumpkin-spice-russian-recipe>

Ingredients:

- 3 cups old fashioned oats
- 1 tablespoon pumpkin pie spice homemade or store-bought
- 1 1/2 teaspoons baking soda
- 3/4 teaspoon fine sea salt
- 2 eggs
- 1 cup unsweetened almond milk plain or vanilla
- 1 cup bananas tightly-packed mashed ripe
- 1/2 cup maple syrup
- 3 tablespoons coconut oil melted, , or any mild-flavored oil
- 1 teaspoon vanilla extract
- turbinado sugar optional:, for sprinkling

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 420 milligrams
9. Sugar: 10 grams

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