

Banana Muffins

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**Same recipe as my banana bread, just in muffin form

Makes 12 muffins, 2 muffins 1 FSP

- 4 ripe bananas
- 1 cup quick cook oats
- 4 eggs
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp vanilla
- 2 tsp baking powder
- sweetener of choice – I use 3 packets of Sweet N Low
- 72 Lily's brand chocolate chips, optional
- 6 tsp pepitas, optional

1. Preheat oven to 350
2. In a large mixing bowl, beat bananas with an electric mixer for about 30 seconds.
3. Add oats, eggs, cinnamon, nutmeg, vanilla and baking powder. Beat well for about 1-2 minutes.
4. Spray a 12 cup muffin pan generously with non stick spray. Divide batter evenly between the 12 cups.
5. Top each with 6 Lily's chips and 1/2 tsp pepitas – OPTIONAL

6. Bake for 20-25 minutes. Let cool for 10 minutes. Using a thin blade knife, Loosen muffins from pan. Remove to a wire rack to complete cooling.
7. If not consuming within 2 days, store in refrigerator for up to 4 days, beyond 4 days, store in freezer. I like to heat mine in the microwave for 10 seconds after taking them out of the fridge!