

Banana Chia Seed Muffins

simple
healthy
delicious

Ingredients

- 1 ½ cups whole wheat flour
- ½ cup oats
- 4 tablespoons Nature's Earthly Choice™ Chia Seeds
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ cup sugar
- 2 small mashed bananas
- 1 egg
- ⅛ cup coconut oil
- 1 teaspoon vanilla
- 1 cup milk

Makes about 15 muffins



Directions

1. In one bowl mix together the dry ingredients: flour, oats, Chia Seeds, baking powder, baking soda, salt, cinnamon and sugar. In a second bowl, mash the bananas and then add the egg, oil, vanilla and milk. Mix until well combined. Then slowly add the liquid ingredients to the dry, mixing until just combined.
2. Pour into muffin tins. Bake at 375 degrees for 15-20 minutes, or until golden brown.