

Banana Oat Muffins

Ingredients

- 1 cup plain unsweetened organic Greek yogurt (I like Wallaby)
- 2 ripe bananas
- 2 eggs
- 2 cups rolled gluten free oats
- $\frac{1}{4}$ cup coconut sugar
- $\frac{1}{2}$ tsp. black molasses
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ cup organic semi-sweet dark chocolate chips

Instructions

1. Preheat oven to 400F and prepare a muffin pan by spraying cavities with cooking spray or lining them with paper liners**. Set aside.
2. Add all ingredients except for chocolate chips to a blender or food processor and process on high until oats are broken down and batter is smooth and creamy. Stir in chocolate chips by hand.
3. Pour batter into prepared muffin pan, filling each cavity until it is about $\frac{3}{4}$ full. Optional: sprinkle a few chocolate chips over the top of each muffin.
4. Bake for 15-20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for ~ 10 minutes before removing. Store in an air-tight container for up to a week.

Notes

** If using paper liners, you'll want to spray them with cooking spray as well, since the lack of oil in these muffins could make them stick to the liners after baking.