

SAMSSites Recipes

Banana Oat Muffins

Internet

This is a really easy and good tasting recipe. Always exploring gluten free and substituting processed sugar for fruit. In this case bananas and dates.

- 2 cups oats
- 3 bananas
- 2 eggs
- ¾ cup pitted whole dates
- 1 teaspoon baking soda
- add some cinnamon and/or salt



Mix in a food processor until blended then pour into paper cupcake holders. Bake at 350 degrees for 15 to 20 minutes.