

Hummingbird Muffins

HolisticQ signature recipe

Truly yummy! We sweetened these muffins with bananas and pineapple. Zero [added sugars](#). Even your pickiest sweet eaters will love these muffins. Good healthy snack or dessert. This recipe makes 30 muffins!

1 and 1/2 cups milk
2 cups old-fashioned whole rolled oats
2 1/2 cups spelt flour
2 teaspoon baking powder
2 teaspoon baking soda
1 tablespoon ground cinnamon
2 teaspoons nutmeg
1 teaspoon salt
1 cup coconut oil or unsalted butter, melted and slightly cooled
2 large eggs, at room temperature
2 teaspoon pure vanilla extract
5 large, smashed bananas
1/2 cup pecan chopped (or pieces)
1 cup crushed pineapple

- Combine milk and oats. Soak the oats in the almond milk for 30 minutes.
- Melt the oil or butter now so that it has a few minutes to cool.
- Preheat oven to 425°
- Prepare muffin pans with liners
- Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, and salt together in a large bowl until combined. Set aside.
- Mix the melted coconut oil, eggs, and vanilla extract together in a medium bowl until combined. Mash the bananas and pineapple and add to oil/ egg mixture.
- Combine the wet ingredients with the dry ingredients, then add the soaked oats (milk included, do not drain). Fold everything together gently just until combined.
- Spoon the batter into liners, filling them close to the top. Sprinkle the top with raw oats.
- Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350°. Bake for an additional 18 minutes or until a toothpick inserted in the center comes out clean. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

Enjoy!