

# Allison's Oat Muffins

## HolisticQ Signature Recipe

These Oat Muffins are a healthy muffin filled with wholesome ingredients like bananas, oats, maple syrup and flour-less. Perfect for on the go or on the trail as trail food!

### Ingredients:

4 large ripe bananas smashed  
3 cups rolled oats  
1 tsp vanilla extract  
1 TBS cinnamon  
1/3 cup pure maple syrup or honey

Optional 1/2 cup: walnuts, sliced almonds, dark chocolate chips, etc...

### Make the Muffins!

Preheat oven to 350°

In a large bowl, mix together the oats and cinnamon.

In a separate bowl, combine smashed bananas, maple syrup, and vanilla.

Pour banana mixture into dry ingredients and mix well (adding in any optional ingredients as well).

Generously grease your muffin pans with coconut oil, or use paper liners. Spoon the mixture into the muffin pan/ liners... filling them all the way to the top. These muffins don't rise.

Bake for 18-20 minutes. Let cool and ENJOY!