

*Banana Bread Muffins - All you need is a blender and 5 wholesome ingredients. Naturally gluten free, no refined sugar, and super easy to whip up!*

## Ingredients

- 2 cups gluten-free oats
- 1 large ripe banana
- 2 eggs
- ¾ cup pitted whole dates
- 1 tsp baking soda
- \*pinch of salt / generous pinch of cinnamon

Optional: ¼ cup dark chocolate chips if you are feeling crazy

*Makes 6 muffins*



## Directions

1. Preheat the oven to 350 degrees and grease 6 count muffin tin.
2. Combine all ingredients in a blender or food processor until smooth.
3. Pour batter into greased muffin tin and top with oats, banana slices, or chocolate chips if you would like.
4. Bake for 15-20 minutes and enjoy!

## Notes

1. Store in the fridge for up to a week.
2. Great to add to your meal prep rotation
3. Dates should be soft but if your dates feel hard when removing the seeds, soften the dates by soaking them in warm water before putting in the blender. This is super helpful if you don't have the best high powered blender or processor.
4. \*salt and cinnamon don't make the 5-ingredient cut but they truly elevate the banana bread flavors!