

Gluten-Free Blueberry Banana Muffins

These Blueberry Banana Muffins blend ripe bananas, juicy blueberries, and hearty oats for a quick gluten-free snack or breakfast option. Simple to make, naturally sweet, and perfect for on-the-go.



Servings: 12



Prep time: 10 minutes

Cook time: 20 minutes



Ingredients

- 2 cups Quaker® Gluten Free Quick 1-Minute Oats
- 3/4 cup banana, mashed
- 2 eggs
- 2/3 cup unsweetened almond milk
- 2 tbsp honey
- 2 tsp vanilla extract
- 1 tbsp cinnamon
- 1 tbsp ground flax seed
- 1/4 tsp salt
- 1 cup fresh blueberries
- **Note:** To keep muffins gluten free, all ingredients must be gluten-free



Instructions

- Preheat the oven to 400°F and spray a muffin pan with cooking spray or line with lines.
- In a medium sized bowl mash the banana and add eggs, almond milk, honey and vanilla extract. Mix together until well combined.
- Add the oats, cinnamons, ground flax seed, and salt. Stir together and let sit for 3-4 minutes. Fold in the blueberries, reserving ~2 tbsp for sprinkling on top.
- Use an ice cream scoop to portion the batter into a muffin pan. Sprinkle 2-3 blueberries on top of each cup.
- Bake for 18-20 minutes until each of the oat cups is set.
- Remove from the oven, let cool and enjoy!
- Store in the fridge for 3-4 days.



Nutrition Info

Calories:	100
Total fat:	2.5 g
Saturated fat:	0 g
Cholesterol:	30 mg
Sodium:	70 mg
Total Carbohydrates:	18 g
Dietary Fiber:	3 g
Total Sugar:	6 g
Added Sugar:	3 g
Protein:	3 g