

Banana Muffins

These muffins are heart-healthy and delicious. Lower in fat and sugar than store bought muffins, with health benefits of bananas (potassium), ground flaxseeds(Omega 3 and protein) and oats (complex carbs and fibre).

- 4 bananas (3 medium)
- 1/4 cup ground flax
- juice from half a lemon
- 1/4 coconut oil, melted
- 1 1/2 cups oat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- a handful or two of chocolate chips

Pre-heat oven to 375 F. Spray a 12 cup muffin tin or 24 mini muffin tin.

In a medium bowl, mash banana, add melted coconut oil, lemon juice and flax; whisk together. In same bowl, layer flour, baking powder, baking soda and salt on top. Mix until just combined. Add chocolate chips and stir. Divide among 12 muffin cups (or 24 mini). Bake for 20-22 minutes (15 for minutes mini). Enjoy!

