



INGREDIENTS

WET INGREDIENTS

2 large eggs

½ cup of granulated sugar

¼ cup of sunflower oil

¼ cup of full fat milk

1 cup of mashed ripe bananas

DRY INGREDIENTS

1 ½ cups of AP flour

1 cup of rolled oats

2 TSP of baking powder

1 TSP of baking soda

½ TSP of kosher salt



BANANA & OATMEAL

By Caterina Romano's kitchen

DIRECTIONS

1. In a bowl of a stand mixer fitted with a paddle add the eggs and sugar. Mix together until the eggs are well beaten and the sugar has broken down turning the mixture into a pale-yellow color.
2. Add the oil and the milk and continue mixing.
3. Stop the mixer and add the bananas.
4. Preheat the oven to 400 DF.
5. In a glass bowl, combine and whisk together the flour, oats, baking soda, baking powder and salt until well combined.
6. Wish your mixer on stir, add the dry to the wet ingredients one tablespoon at a time.
7. Place your muffin cups on a baking tray. Spray the inside of the cups with cooking spray.
8. Using two spoons, spoon in the batter ¾ of the way into the muffin cups.
9. Gently tap the muffin tray to remove air pockets in the muffins.
10. Bake in oven for 15-17 minutes.
11. Allow the muffins to cool for 20 minutes.
- 12.

ENJOY THE BANANA OATMEAL MUFFINS