



PEANUT BUTTER BANANA OATMEAL CUPS

Adapted by healthy-liv.com

Ingredients

- 2 bananas, *mashed*
- 1 egg, *beaten*
- 1/4 cup peanut butter, plus extra to drizzle on top
- 3 Tbsp honey
- 1 1/2 cups milk
- 1 tsp vanilla extract
- 2 1/2 cups quick oats
- 1/2 tsp cinnamon
- 3/4 tsp baking powder
- 1/2 tsp salt

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

SERVINGS: 12 MUFFINS

Directions

1. Preheat oven to 350 degrees.
2. In a medium or large mixing bowl, mash bananas. Whisk in egg, then add peanut butter and honey. Stir well and then add milk and vanilla.
3. On top of liquid ingredients, add oats, cinnamon, baking powder, and salt. Stir dry ingredients together on top and then mix dry ingredients all the way in with liquid ingredients.
4. Spray muffin pan with cooking spray and distribute batter evenly amongst tins. Top each muffin cup with a banana slice if desired. Bake for 18-20 minutes, until mostly set. Top each muffin with a light spread or drizzle of peanut butter, if desired.
5. Store in an airtight container or gallon-zip bag in the fridge for up to a week or frozen up to 3 months.