**How to Make Banana Oatmeal Muffins**



Banana Oatmeal Muffins (No Flour Needed!)

**Prep Time**

10 mins

**Cook Time**

25 mins

**Total Time**

35 mins

These Banana Oatmeal Muffins make a healthy snack or breakfast on the go! I love that they are sweetened with honey and are naturally gluten-free.

**Ingredients**

* 2 ripe bananas
* 1 egg
* 3/4 cup [rolled oats](http://amzn.to/2xKExRl)
* 2 tablespoons honey
* 1/2 cup [all-natural peanut butter](https://detoxinista.com/how-to-make-peanut-butter/)
* 1/4 teaspoon [baking soda](http://amzn.to/2qPbEn7)
* 1/4 teaspoon [salt](http://amzn.to/2rdmIuj)

**Instructions**

* Preheat the oven to 350ºF and line a muffin tin with 10 muffin liners.
* In a blender, and in the bananas, eggs, rolled oats, honey, peanut butter, baking soda, and salt. Blend until smooth, stopping to scrape the sides as needed.
* Pour the batter evenly into the 10 muffin cups. (They should be about 3/4 the way full.) Top with a sprinkle of rolled oats, if desired. Bake at 350ºF for 25 minutes, or until the center of the muffins feel firm to a light touch.
* Allow the muffins to cool completely, then serve. These muffins will keep well at room temperature for up to 3 days, or up to a week when stored in an airtight container in the fridge.