



Gluten Free Blueberry Banana Muffin

 **SERVINGS**

12

 **COOKING TIME**

20 min

Indulge in these gluten-free blueberry banana muffins, bursting with sweet blueberries and ripe bananas, offering a moist and flavorful treat perfect for breakfast or snack time.

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

Cooking Instructions

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