



Makes 12 muffins
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

4 very ripe bananas
2 cups oats, ground into flour
½ cup unsweetened apple juice
½ cup unsweetened applesauce
2 tablespoons ground flax seeds
1 teaspoons ground cinnamon
½ tablespoon alcohol-free vanilla extract
½ tablespoon apple cider vinegar
½ tablespoon aluminum-free baking powder
½ teaspoon sodium-free baking soda

Just Bananas Muffins

No sugar, no flour, no oil, no salt, no problem! Oats, bananas, applesauce, and a few pantry ingredients form the base for these healthy vegan muffins.

I highly recommend using silicone muffin pans: You'll never have to buy paper liners again.

<https://www.youtube.com/watch?v=dVfHMQSQvEw>

By Chef AJ

- 1** Preheat oven to 350° F.
- 2** Line a muffin pan with 12 cupcake liners.
- 3** Grind oats into a flour.
- 4** Place in a large bowl and add all the other dry ingredients.
- 5** Puree bananas in a food processor fitted with the “S” blade until smooth.
- 6** Add the apple juice, applesauce, extract and apple cider vinegar and process again until combined.
- 7** Pour over dry ingredients and mix until just combined.
- 8** Do not over mix.
- 9** Pour into muffin liners filling about 2/3 full.
- 10** Bake for 20-22 minutes until tops are golden brown and toothpick inserted in the center comes out clean.
- 11** Chef's Note: Gently stir in 2 cups of frozen blueberries for blueberry banana muffins and increase baking time 8-10 minutes.