

Healthy Banana Oatmeal Muffins

Healthy Banana Oatmeal Muffins made with ripe bananas and rolled oats. Perfect for breakfast or snacking.
Naturally sweetened, moist, and delicious!

10 min

PREP

25 min

COOK

35 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 banana
- 2 cup oat
- 2 egg
- 1 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp salt

Instructions

1 Prepare for baking

Preheat oven to 375°F (190°C). Line 6 cups of a muffin tin with paper liners or grease with cooking spray.

2 Prepare wet ingredients

Peel and mash 3 ripe bananas in a large mixing bowl until mostly smooth with some small chunks remaining.

3 Crack 2 eggs into the mashed bananas and whisk until well combined. Add 1 teaspoon vanilla extract and whisk until smooth.

4 Combine dry ingredients

In a separate bowl, stir together 2 cups rolled oats, 1 cup all-purpose flour, 1 teaspoon baking powder, 1 teaspoon ground cinnamon, and 1 teaspoon salt until evenly mixed.

5 **Make the batter**

Pour the dry ingredient mixture into the banana mixture. Gently fold together (stir with a spoon in a scooping motion) just until the flour is barely incorporated and the batter looks lumpy - do not overmix.

6 **Fill and bake**

Divide the batter evenly among the 6 prepared muffin cups, filling each about 2/3 full.

7 Bake for 20-25 minutes until the tops are golden brown and spring back lightly when touched, and a toothpick inserted in the center comes out with just a few moist crumbs.

8 Cool muffins in the pan for 5 minutes, then transfer to a wire rack to cool completely before serving.

Tips

Use bananas with brown spots for maximum sweetness and moisture. The riper the bananas, the more natural sugar they contain, reducing the need for added sweeteners.

Don't overmix the batter. Stir just until the wet and dry ingredients are combined. A few lumps are fine and will result in tender, fluffy muffins rather than dense ones.

Fill muffin cups only 2/3 full to prevent overflow and ensure even baking. Use an ice cream scoop or large spoon for consistent portioning.

Test for doneness by inserting a toothpick into the center of a muffin. It should come out with just a few moist crumbs clinging to it, not wet batter.

Cool muffins in the pan for 5 minutes before transferring to a wire rack. This prevents them from falling apart while allowing proper air circulation to finish the cooking process.

Store completely cooled muffins in an airtight container to maintain moisture. Place a paper towel in the container to absorb excess moisture and prevent sogginess.

Freeze individual muffins wrapped in plastic wrap for up to 3 months. Thaw at room temperature or microwave for 20-30 seconds for a fresh-baked taste.

Spray your measuring cup with cooking spray before measuring sticky ingredients like honey or maple syrup. This helps them slide out easily and ensures accurate measurements.