**Blender Banana Muffins**

I don't know about you but I love a recipe that saves me time, makes eating clean easy *and* works with my budget - this recipe answers the call on all three, ***Blender Banana Muffins!*** And as the name implies they are simple! Just blend, pour, and bake - that's it! By cutting out all of the empty ingredients and swapping them for more nutrient dense alternatives you can have your muffin and eat it too! Want a recipe that allows you to support you and your family’s health, fitness and nutrition goals in a delicious way? This is it!

**Ingredients**

* 2 bananas
* 2 C oats (can use gluten free)
* 2 eggs
* 1 C plain nonfat Greek yogurt
* 3 Tbsp. honey
* 1 1/2 tsp. baking powder
* 1/2 tsp. baking soda
* 1 tsp. vanilla
* 1/2 C mini chocolate chips (or carob chips, blueberries, raspberries, walnuts, etc.!)

**Directions**

1. Preheat the oven to 400 degrees.
2. Place all ingredients in a large blender or vitamix.
3. Blend on medium to high, stopping to scrape sides, stir, and/or temper the mixture as needed.
4. Blend last few moments on high to blend well.
5. Add stir in of choice and stir by hand (while still in pitcher).
6. Pour mixture into a lightly greased muffin tin (using a traditional 12 cup tray or 6 cup jumbo tray)
7. Bake for approximately 15 minutes (or until toothpick comes out clean)
8. Stand to cool for 10minutes or so before removing from the muffin tray.

**Eat and Enjoy!**