

Banana & Oat Muffins

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Ingredients:

For the Banana Muffins:

3 ripe bananas

$\frac{3}{4}$ cup cane sugar

2 eggs

1 tablespoon vanilla extract

$\frac{1}{3}$ cup coconut oil, melted butter, or vegetable oil

2 cups all-purpose flour

$\frac{1}{2}$ teaspoon salt

1 teaspoon baking soda

1 teaspoon ground cinnamon

For the Oat Topping:

$\frac{1}{2}$ cup rolled oats

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup brown sugar

2 teaspoons cinnamon

Instructions:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, use a fork to mash the bananas and sugar together. Whisk in the eggs, vanilla extract, and coconut oil.
3. In a separate bowl, mix together the flour, salt, baking soda, and ground cinnamon. Slowly stir in the dry ingredients into the wet ingredients, until well combined.
4. Using the same dry ingredient bowl, mix together the oats, salt, brown sugar, and cinnamon.
5. Spoon the batter evenly into each cup or liner, filling each all the way to the top, and top with the oat mixture.
6. Bake for 20 minutes. Once done baking, allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

If using a loaf pan, bake for 45 minutes at 350 degrees.