



VEGAN BANANA OATMEAL MUFFINS

by Breathe Bliss

High Protein/Fibre Flour

- 2 cups quick oats
- 1/2 cups ground flax
- 1/4 cup hemp hearts
- 1/4 cup chia seeds
- Blend all together to make the flour
- 1/4 tsp sea salt
- 1 tbsp baking powder
- Mix all the dry ingredients together

**BAKE AT 350
FOR 25 MINUTES**



Directions

1. Mash 5 ripe bananas in another bowl
2. Add
 - 1 cup coconut milk
 - 2 tbsp olive oil
 - 1 drop cinnamon essential oil or 3/4 tsp of cinnamon
 - 1 tsp vanilla
3. Mix all the wet ingredients together
4. Add and mix in the 1/2 cup brown sugar
5. Stir in the flour and then add additional 2 cups of quick oats

Optional:

- 1/2 cup chocolate chips
- 1/2 cup coconut flakes
- 1/2 cup chopped nuts
- 1/2 cup blueberries