

# Banana Muffins

- 1 cup mashed ripe banana
- 1 large egg
- 1/4 cup melted coconut oil
- 1 cup milk (dairy or non-dairy)
- 1 tsp vanilla extract
- 1 cup wholegrain flour
- 3/4 cup rolled oats
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt

1. Preheat oven to 200 degrees and line a 12 cup muffin tray with muffin liners.
2. Place all wet ingredients into a large bowl and combine.
3. Add the dry ingredients and mix until just combined.
4. Divide batter among the prepared muffin pan.
5. Bake for 14-16 minutes or until skewer inserted comes out clean.
6. Let cool for a few minutes in the pan, then transfer to a wire rack to cool fully.

**Our Chimps  
love to eat  
bananas!**

