

CHEF AJ’s BANANA MUFFINS

Thanks to the amazing Chef AJ here is a compliant recipe for muffins that you can eat as your second breakfast. They are filling and there is not a single bad thing in them. I have altered the method slightly from the original recipe for those without food processors. Also, this recipe fills the muffin cups to the very top so you might want to reduce the oats, milk and applesauce by ¼ of a cup.

 Bake at 350 degrees

 Baking time: 40-45 min

 Makes 12 muffins

**Wet Ingredients:**

* 4 very ripe bananas
* 1 cup of unsweetened oat milk
* 1 cup of unsweetened apple sauce
* 1 Tbs. apple cider vinegar
* ½ tsp. vanilla powder (or 1 tsp. vanilla extract)

**Dry Ingredients:**

* 4 cups of oats (I used quick oats for a more flour-like texture)
* 1 Tbs. aluminum-free and sodium-free baking powder
* 2 tsp. cinnamon
* 1 tsp. sodium-free baking soda

**Method:**

1. Preheat oven to 350 degrees F.
2. Place all the dry ingredients in a big bowl and stir to distribute ingredients.
3. In another bowl, mash the bananas then add the other wet ingredients and stir to distribute them.
4. Pour the wet ingredients over the dry ingredients and mix until just combined. Do not over mix.
5. Evenly distribute the batter into twelve muffin cups using a silicone muffin pan.
6. Bake for 40-45 minutes until a toothpick inserted in the center comes out clean.



**Notes:**

1. One muffin a day is a sufficient serving on this plan. I suggest freezing them in a freezer bag once they are cool. You can take one out every morning to thaw or zap it in the microwave for one minute for a quick thaw. This way you won’t be tempted to eat more than you should and you can ensure that they will remain fresh for 12 days.
2. If you have family members without weight issues you can add some walnut pieces to the tops of some of the muffins before baking. Just make sure you know which ones are nut free. We can’t afford those extra calories!