

Flour-Free Blender Banana Oatmeal Muffins

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Fact: busy moms don't want to do any extra dishes than they need to. Enter blender muffins. Throw your ingredients into a blender, give it all a quick whiz, and voila! Your muffin batter is ready. Bake them up and serve warm with a pat of butter and you'll have a happy toddler (and mama!). This particular recipe doesn't use any refined flour, either.

INGREDIENTS:

1 cup quick cooking oats
1 cup mashed bananas (use very ripe ones)
1 egg
1/2 cup plain Greek yogurt
1/4 cup honey or maple syrup
1 tsp baking powder
A pinch of cinnamon powder
A pinch of salt
More oats for topping

INSTRUCTIONS:

Pre-heat oven to 180C
Grease a muffin tin with butter and set aside
Add all the ingredients into a blender jar and process for 2-3 minutes, at 20-second intervals or so
The batter should be smooth
Pour into the muffin tin and add some more oat flakes on top
Bake for 15-20 minutes or until a skewer inserted into the muffins comes out clean
Cool on a wire rack and store in airtight containers
This recipe makes around 6-8 muffins