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| **Breakfast** | |
| **YIELD 6 SERVINGS** **Ingredients** 1 cup rolled oats  1 cup oat bran  3 ripened bananas  2 tbsp peanut butter  1 tbsp chia seeds  ½ cup coconut shredded  2 tsp vanilla extract  ½ cup chopped walnuts  3 diced dried figs  ½ cup dried cranberries C:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for gluten free logo**Nutritionals Per Serving**  □ Calories 360 Cal  □ Protein 10 grams  □ Fiber 10 grams  □ Sugar 20 grams  □ Carbs 52 grams  □ Fat 14 grams | Cranberry Oat MuffinsPREP 10 MIN | COOK 20 MIN | TOTAL 30 MIN  **Directions** Heat oven to 375 degrees. Dry Mix Mix the oatmeal, oat bran, chia seeds, walnuts, cranberries and shredded coconut in a medium sized mixing bowl. Dice the figs into small cubes and add to the dry mixture. Banana Mash Peel the bananas and mash in a bowl with a fork. Add the peanut butter and vanilla extract to the banana mixture, blend with a spatula until smooth. Muffin Madness Fold in the dry mix with the banana mash, mix well until all ingredients are incorporated. Place equal portions of the muffin mix into a non-stick muffin pan. Place in oven at 375 and bake for 20 minutes or until golden brown. **Tips** Use ripe bananas for this recipe, they will blend into the mixture better. Add more oats if the mixture is too runny and add more mashed bananas if the mixture is too dry. |

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