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|  **Breakfast**  |
| **YIELD 6 SERVINGS** **Ingredients**1 cup rolled oats1 cup oat bran3 ripened bananas2 tbsp peanut butter1 tbsp chia seeds½ cup coconut shredded2 tsp vanilla extract½ cup chopped walnuts3 diced dried figs½ cup dried cranberriesC:\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 Muffins PREP 10 MIN | COOK 20 MIN | TOTAL 30 MIN **Directions**Heat oven to 375 degrees.Dry MixMix 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 MashPeel 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 MadnessFold 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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