

Good Mornings

(vegan, gluten free, sugar free-12 muffins)

Kimberly Williams

Ingredients:

4 mashed overripe bananas (we toss our overripe bananas into the freezer and then just defrost them for a few seconds in the microwave for recipes like this-perfect!)

3 cups of oats (any kind of oatmeal will do)

1 tsp vanilla

a few handfuls of toppings (pecans, blueberries, cut up strawberries, etc.)



Directions:

Preheat the oven to 350 degrees.

Line muffin tins with paper or silicone reusable liners.

Mash the bananas and add them to a bowl with the oats and vanilla.

Drop by spoonfuls into the muffin liners, nearly to the top, but leaving room for the toppings.

Top with your favorite topping.

Bake for 15-18 minutes.

Store any leftovers in the fridge for up to 5 days.

Enjoy!

