



BANANA & WALNUT MUFFINS

Ingredients:

- 2 TBSP OLIVE OIL
- 2 TBSP MAPLE SYRUP
- 1/2 TSP VANILLA EXTRACT
- 1 EGG
- 2 RIPE BANANAS
- 30 ML MILK OF CHOICE
- 120G QUICK OATS
- 1/2 TEASPOON BAKING SODA
- 1/4 TEASPOON SALT
- 1/4 TSP CINNAMON
- 1/4 CUP CHOPPED WALNUTS

Method

1. PRE-HEAT OVEN TO 180C. IN A MIXING BOWL, MASH BANANAS WITH A FORK. THEN ADD OIL, VANILLA, MAPLE SYRUP, EGG AND MILK. MIX UNTIL WELL COMBINED.
2. PUT QUICK OATS, BAKING SODA, SALT AND CINNAMON IN A FOOD PROCESSOR OR HIGH-POWER BLENDER AND BLITZ UNTIL COMBINED AND THE TEXTURE BECOMES POWDERY LIKE FLOUR. ADD MIXTURE TO MIXING BOWL AND MIX UNTIL WELL COMBINED. FOLD IN CHOPPED WALNUTS.
3. POUR THE BATTER INTO CUPCAKE CASES OR A GREASED MUFFIN TIN. FILL EACH CASE TO ABOUT 3/4 FULL.
4. BAKE FOR 25 MINUTES OR UNTIL AN INSERTED TOOTHPICK COMES OUT CLEAN.

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Nutritional Information

OLIVE OIL - OLIVE OIL MAY BE ONE OF THE HEALTHIEST FOODS YOU CAN EAT FOR HEART HEALTH. IT REDUCES BLOOD PRESSURE AND INFLAMMATION, PROTECTS LDL PARTICLES FROM OXIDATION, AND MAY HELP PREVENT UNWANTED BLOOD CLOTTING.

MAPLE SYRUP - CONTAINS NUMEROUS ANTIOXIDANTS AND GETS A LOWER SCORE ON THE GLYCEMIC INDEX. IT HELPS TO FIGHT INFLAMMATORY DISEASES, MAY HELP PROTECT AGAINST CANCER, HELPS PROTECT SKIN HEALTH A GREAT ALTERNATIVE TO SUGAR FOR IMPROVED DIGESTION, SUPPLIES IMPORTANT VITAMINS AND MINERALS AND IS A HEALTHIER ALTERNATIVE TO ARTIFICIAL SWEETENERS.

EGG - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

BANANA - BANANAS CONTAIN MANY IMPORTANT NUTRIENTS. THEY CONTAIN NUTRIENTS THAT MODERATE BLOOD SUGAR LEVELS, HELP IMPROVE DIGESTIVE HEALTH, AID WEIGHT LOSS, SUPPORT HEART HEALTH AND CONTAIN POWERFUL ANTIOXIDANTS.

MILK - IT'S PACKED WITH IMPORTANT NUTRIENTS LIKE CALCIUM, PHOSPHORUS, B VITAMINS, POTASSIUM AND VITAMIN D. PLUS, IT'S AN EXCELLENT SOURCE OF PROTEIN. DRINKING MILK AND DAIRY PRODUCTS MAY PREVENT OSTEOPOROSIS AND BONE FRACTURES AND EVEN HELP YOU MAINTAIN A HEALTHY WEIGHT.

OATS - OATS ARE AMONG THE HEALTHIEST GRAINS ON EARTH. THEY'RE A GLUTEN-FREE WHOLE GRAIN AND A GREAT SOURCE OF IMPORTANT VITAMINS, MINERALS, FIBER AND ANTIOXIDANTS. STUDIES SHOW THAT OATS AND OATMEAL HAVE MANY HEALTH BENEFITS. THESE INCLUDE WEIGHT LOSS, LOWER BLOOD SUGAR LEVELS AND A REDUCED RISK OF HEART DISEASE.

CINNAMON - CINNAMON HAS ANTI-VIRAL, ANTI-BACTERIAL AND ANTI-FUNGAL PROPERTIES, ITS PREBIOTIC PROPERTIES MAY IMPROVE GUT HEALTH, REDUCE BLOOD PRESSURE, LOWER BLOOD SUGAR AND RISK OF TYPE 2 DIABETES AND HELPS RELIEVE DIGESTIVE DISCOMFORT.

WALNUTS - WALNUTS ARE RICH IN ANTIOXIDANTS. THEY'RE A SUPER SOURCE OF OMEGA-3S, HELP DECREASE INFLAMMATION, PROMOTES A HEALTHY GUT, REDUCE RISK OF SOME CANCERS, SUPPORTS WEIGHT CONTROL, HELP MANAGE TYPE 2 DIABETES AND LOWER YOUR RISK AND HELP LOWER BLOOD PRESSURE.