



WILD BLUEBERRY BANANA OAT MUFFINS



SERVES: 18 | PREP TIME: 15M | COOK TIME: 25M

VEGETARIAN

INGREDIENTS:

1 Cup Crofter's Organic Premium Wild Blueberry Fruit Spread

1/3 Cup Coconut Oil (Melted or Room Temp)

1/2 Cup Raw Honey

2 Eggs (Room Temp)

1 Cup Mashed Ripe Bananas

1/4 Cup Almond Milk

1 Tsp Baking Soda

1 Tsp Vanilla Extract

1 Tsp Kosher Salt

1/2 Tsp Ground Cinnamon

2 Cups Whole Wheat Flour

1/3 Cup Old Fashioned Rolled Oats

1 Tsp Raw Cane Sugar

DIRECTIONS:

1. Preheat oven to 325°F and lightly spray a muffin tray with non-stick cooking spray or use muffin liners.
2. In a large mixing bowl combine the coconut oil, raw honey, eggs, mashed bananas, almond milk, baking soda, vanilla extract, salt, ground cinnamon and Crofter's Organic Premium Wild Blueberry Fruit Spread. Mix until just combined.
3. Next, add in the flour and rolled oats to the wet ingredients. Mix until just incorporated.
4. Fill up your muffin tray with about 1 Tbsp scoop of batter. Add a sprinkle of rolled oats and raw cane sugar on top of batter. Bake the muffins for 20-25 minutes. Once finished, remove from the oven and allow to cool slightly. Serve and enjoy!