

Blueberry Oat Bran Muffins

11 ingredients · 25 minutes · 12 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a muffin tin with liners.
2. In a large bowl, add the oat bran, flour, coconut sugar, baking powder, baking soda, salt, and cinnamon and whisk well to combine.
3. To the same bowl, add the bananas, eggs, and oil and mix to combine until everything is incorporated. The mixture will be thick. Fold in the blueberries and mix just to combine.
4. Pour the mix into the prepared muffin tin and bake for 15 minutes until cooked through. Let cool, and then remove muffins. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is one muffin.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

- 1 1/2 cups Oat Bran
- 1 1/2 cups All Purpose Gluten-Free Flour
- 1/2 cup Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 3/4 tsp Cinnamon
- 2 1/2 Banana (medium, mashed)
- 2 Egg
- 2 tbsps Avocado Oil
- 1 cup Blueberries