

Carrot Banana Breakfast Muffins

Makes: 10 muffins / Serving Size: 2 muffins

INGREDIENTS

- 1½ cups grated carrots (about 2 large carrots)
- 1½ cups mashed banana (about 2-3 large bananas)
- ½ cup egg whites or 2 eggs or ½ cup applesauce
- 2 tsp. vanilla
- 1 cup buckwheat flour or whole wheat flour
- 1 cup oatmeal, ground or oat flour
- 2 tsp. baking powder
- Optional: nuts, spices, honey/maple syrup, etc.



DIRECTIONS

1. Preheat oven to 180°C / 355°F
2. Combine your carrot, banana, egg whites (or substitute) and vanilla
3. Mix your flour, oatmeal and baking powder into the wet ingredients, stirring until just combined.
4. Pour your mixture into your muffin tins.
5. Bake for 15-20 minutes or until cooked through and a skewer inserted removes clean.