

Spiced Banana Oat Chia Muffins



Ingredients

- 2 ½ cups whole grain rolled oats
- 4 medium ripe bananas
- 1 teaspoon ground cinnamon, preferably Ceylon
- 2-4 cardamom pods, seeds removed and ground with a mortar and pestle
- 1 teaspoon vanilla extract
- ½ scant cup honey
- ½ cup butter or coconut oil
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 2 tablespoons chia seeds
- 2 eggs
- Handful chocolate chips (optional)

Directions

Preheat the oven to 375 F / 190C.

In a food processor, blend together all the ingredients except the eggs. Add the eggs and pulse until well incorporated. Using an ice-cream scooper, transfer the mixture into muffin liners or a greased muffin tray. Sprinkle with a few chocolate chips for some added sweetness. Bake for 18 minutes. Allow the muffins to cool and enjoy as is or with a drizzle of maple syrup for some added deliciousness.

Nutrition

Oats contain a special kind of fiber called beta-glucan which can lower cholesterol, prevent heart disease, boost immune function, stabilize blood sugar and even prevent breast cancer. Bananas are an excellent source of potassium which is critical for heart function. They are creamy and naturally sweet but also have a good amount of fiber which aids digestion. Specifically, bananas are a “prebiotic” -- food that feeds the good bacteria or probiotics in your digestive tract, making them great for digestive health. With omega-3 rich chia seeds, blood sugar stabilizing cinnamon and anti-bacterial cardamom, a touch of honey and no white sugar. These muffins are a perfect power snack or a delicious and nutritious way to start your day.