



Blueberry and Banana Superboost Muffins

Recipe

Nourishing and sweetly satisfying for an easy grab-n-bike breakfast

SERVINGS: 12 PREP TIME: 5 min
TOTAL TIME: 35 min

Ingredients

2 cups Pamela's Pancake and Baking Mix

1-1/2 cup rolled oats

1 cup blueberries

2 ripe bananas

2 eggs

3 Tbsp maple syrup

1 Tbsp unfiltered apple juice

2 Tbsp flax seed

1 tsp cinnamon

1 tsp baking powder

1/2 tsp salt

Directions

Preheat oven to 350F° and line a standard muffin tin with paper baking cups. Add flour, oats, baking powder, cinnamon, flax and salt to a bowl and whisk to combine. In a separate bowl, mash ripe bananas and add in maple syrup, apple juice, and eggs. Stir to combine. Add the dry ingredients to the wet ingredients and stir until well combined. Gently fold in blueberries. Divide batter between muffin tins, filling all the way full – there should be 12 muffins. Bake for 28-35 minutes or until a toothpick inserted into the center of a muffin comes out clean and the edges are dark golden brown. Remove from oven and let cool in the tin for 5 minutes. Then remove from tin and let cool completely on a cooling rack.



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