



SNACK

# BANANA-OATMEAL-MUFFINS

**I.** Preheat oven to 180°C (top/bottom heat).

**II.** Soak the oat flakes in 100ml warm water and let them steep for a few minutes. Meanwhile grate the apple with skin, drain the juice from the grated apple and put aside.

**III.** Add flour, baking powder and the ground almonds to the oat flakes and mix.

**IV.** Mash the banana with a fork. Add the grated apple, banana, applesauce, honey and vanilla to the dough as well and mix carefully to a homogeneous mass.

**V.** Now spread the dough evenly on six muffin tins and then bake for 20-25 minutes. The muffins are ready when they yield just a little bit under light pressure. Ideal for coffee breaks or as breakfast.

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## GIVE IT A TRY:

Add blueberries, walnuts or cocoa nibs to the dough.

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## INGREDIENTS FOR SIX MUFFINS:

40g fine oatmeal  
1 apple  
60g spelt flour  
1tsp baking powder  
2tbsp ground almonds  
1 ripe banana  
2tbsp Applesauce  
unsweetened  
2tbsp Honey  
1 pinch of vanilla

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 Preparation time: 15min

Backing time: 20-25 min

