



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Bananas**

### **Banana Oat Breakfast Muffins**

**Ingredients:**

2 very ripe bananas, mashed

3 cups oats

1  $\frac{3}{4}$  cups milk

$\frac{1}{2}$  cup blueberries

2 eggs

$\frac{1}{2}$  cup light brown sugar

2 tsp baking powder

2 tsp almond extract

pinch of salt

$\frac{1}{4}$  cup sliced almonds (optional)

**Directions:**

Preheat your oven to 350F. Grease a 12-cup muffin tin, set aside.

In a mixing bowl, stir together all the dry ingredients. Divide the mixture evenly among the cups of the muffin tin. Divide the blueberries evenly in each cup.

In the same mixing bowl, mash the bananas, stir in the remaining wet ingredients. Divide the mixture evenly over the oatmeal mixture. Give each cup a stir combining all the ingredients. There may be a little milk leftover. This is ok, the oats quickly absorb the milk, pour the remainder of the milk over the first few muffins. Bake for 25 minutes.