GLOBAL · BREAKFAST · SNACK

# Banana Oatmeal Muffins (No Flour)

35 min · Serves 12 · 167 kcal a serve · Video 3:09 · The Cooking Foodie

Vegetarian · Nut-free

Flourless muffins made from whole rolled oats and banana: about 170 kcal, 5 g of protein and 3 g of fibre each, with roughly 8 g of added sugar from the honey (and chocolate chips, if used).

**Diet notes:** Dairy-free if you leave out the milk.

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## Ingredients 9 · SERVES 12

- [ ] 1 cup **mashed ripe banana** (about 3 large bananas)
- [ ] 2 large **eggs**
- [ ] ¾ cup **milk** (any kind)
- [ ] ⅓ cup **honey** (or maple or date syrup)
- [ ] 1 tsp **vanilla extract**
- [ ] 3 cups **rolled oats**
- [ ] 2 tsp **baking powder**
- [ ] a pinch of **salt**
- [ ] **dark chocolate chips**, to top (optional; about 1 oz)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Gluten, Egg, Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 360 °F and line or grease a 12-hole muffin tin. 1:58
2. Mash the bananas in a large bowl, then whisk in the eggs, milk, honey and vanilla until well combined. 0:10
3. Blend 2 cups of the oats into a flour in a blender or food processor; keep the last cup whole. 1:02
4. Stir the oat flour, whole oats, baking powder and salt into the wet mixture until fully combined. 1:34
5. Divide the batter between the 12 cups and top each with a few chocolate chips, if using. Bake for 25 minutes, until lightly golden and a toothpick comes out clean. 2:06
6. Cool in the tin for 10 minutes, then on a wire rack. 2:36

> **Tip** Makes 12. Maple or date syrup can replace the honey, and any milk works. Keep 2 days at room temperature or 5 days in the fridge, or wrap each muffin and freeze for up to 2 months; thaw at room temperature.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 12 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **167** kcal<br>700 kJ | **5** g<br>10% of a day | **29** g<br>26 g net · 12 g sugars<br>11% of a day | **3.1** g<br>11% of a day | **3.8** g<br>1.3 g saturated<br>5% of a day | **120** mg<br>5% of a day |

**Energy from** net carbs 65% · protein 13% · fat 22%

**Source of** (10–19%) Selenium 18% · Magnesium 11% · Zinc 10%

**Recipe and video:** The Cooking Foodie (@TheCookingFoodie) on YouTube — youtube.com/watch?v=Ar-qydmW5L4, published 9 June 2025. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/banana-oatmeal-muffins-no-flour