

# Apple Pumpkin Banana Mini Muffins

## Ingredients:

- 1 ripe banana
- ½ cup unsweetened pumpkin purée or grated apple
- 1 egg
- 1 cup rolled oats
- ½ tsp cinnamon

## Instructions:

1. Preheat oven to 350°F (180°C).
2. Mash banana, then mix in the other ingredients.
3. Spoon into mini muffin tins.

4. Bake 15–20 minutes until golden.

**Why kids like it:**

Naturally sweet, soft texture, great for little hands.