

Banana Oat Mini Muffins (Picky Eaters)

Ingredients

- 2 ripe bananas
- 1 egg
- 1 cup oats
- 1/2 tsp cinnamon
- 1/2 tsp baking powder

Instructions

1. Blend all ingredients in a food processor.
2. Pour into mini muffin tins.
3. Bake at 350°F (175°C) for 12–15 minutes.

Health Benefits

- Sweetened naturally with banana.
- Oats support digestion and brain health.