

## High-Fiber Banana Blueberry Oat Muffins (Oven Baked, No Dairy, No Cinnamon)



These are soft, gut-friendly, and naturally sweet from banana + blueberries.

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### Grocery List

- 3 very ripe bananas
- 2 cups rolled oats

- 2 eggs
- ¼ cup olive oil or avocado oil
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp vanilla extract
- 1 cup fresh blueberries
- Pinch of salt
- Optional: chopped walnuts (½ cup)

That's it. No milk. No butter. No cinnamon.

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## Oven Baking Instructions

### Step 1: Preheat

Preheat oven to **350°F**.

Line muffin tin with liners or lightly oil it.

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### Step 2: Make Oat Flour (Optional but Recommended)

Put 2 cups rolled oats in a blender.

Blend until it looks like flour.

(If you don't want to blend, you can keep oats whole for more texture.)

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### Step 3: Mix Wet Ingredients

In a large bowl:

- Mash 3 bananas until smooth.
- Add eggs.
- Add oil.
- Add vanilla.
- Stir until combined.

Standing focus:

Keep feet shoulder-width apart and avoid leaning.

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## **Step 4: Add Dry Ingredients**

Add:

- Oat flour (or rolled oats)
- Baking powder
- Baking soda
- Pinch of salt

Stir gently until combined.

Do NOT overmix.

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## **Step 5: Fold in Blueberries**

Gently fold in:

- 1 cup fresh blueberries
- Optional walnuts

Slow, controlled folding motion = good core stability training.

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## **Step 6: Fill Muffin Tin**

Fill each cup about  $\frac{3}{4}$  full.

Optional challenge:

Place 2–3 extra blueberries on top of each muffin evenly.

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## **Step 7: Bake**

Bake at **350°F for 18–22 minutes.**

They're done when:

- Tops are lightly golden
- Toothpick comes out mostly clean

Let cool 10 minutes before removing.

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## **Why This Is Easier on Digestion**

- Oats = soluble fiber (feeds gut bacteria gently)
- Bananas = soothing to stomach
- Blueberries = antioxidants + mild fiber
- No dairy = less bloating risk
- No refined flour = steady energy

These won't spike your blood sugar like brownies.