

# Mini Harvest Peach Oatmeal Muffins

9 ingredients · 20 minutes · 16 servings



## Directions

1. Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
2. In a mixing bowl, mash the banana with the back of a fork. Add eggs, maple syrup, and water, whisking until well combined.
3. Add ground flax, oats, oat flour and chia seeds. Stir in the chopped peach.
4. Scoop the batter into each silicone cup. Bake for 12 to 15 minutes.
5. Let cool completely and enjoy!

## Notes

### No Peach

Use nectarines, plums, strawberries or pears instead.

### Storage

Refrigerate in an airtight container up to 3 to 5 days.

### Regular Sized Muffins

Use a regular sized muffin tray instead of a mini muffin tray. Bake for about 20 to 25 minutes.

### Serving Size

One serving is equal to one mini muffin.

## Ingredients

- 1 Banana
- 2 Egg
- 1 **tbsp** Maple Syrup
- 1/4 **cup** Water
- 2 **tbsps** Ground Flax Seed
- 1 **cup** Oats
- 1/2 **cup** Oat Flour
- 1 **tbsp** Chia Seeds
- 1 Peach (pit removed and chopped)