



# Easy Banana & Oat Muffins

Experience multiple breakfast flavors packed into one muffin. This recipe is scrumptious and hearty with Bison Cottage Cheese, bananas, and your choice of oats. Enjoy while on the go or during a relaxing morning at home.

Servings	Prep Time	Cook Time	Total Time
12	25m	15m	40m

## Ingredients

- 1 cup Bison Cottage Cheese
- 1 cup fully ripe bananas, mashed (about 3)
- 1 egg
- ½ cup milk
- ½ cup old-fashioned or quick-cooking oats
- 2 cups white whole wheat flour
- ¼ cup sugar
- 2 tsp baking powder
- 2 tsp ground cinnamon
- ½ tsp baking soda
- ¼ cup canola oil
- ¼ tsp salt

## Instructions

1. Preheat oven to 425°F. Coat muffin tray with non-stick cooking spray.
2. Add Bison Cottage Cheese to a blender, blend until smooth, and transfer to a bowl.
3. Mix in milk and oats. Let mixture stand for 10 minutes.
4. Stir in bananas, egg, and canola oil.
5. Combine all dry ingredients separately and add slowly to wet mixture.
6. Scoop batter evenly into 12 muffin tray cups.
7. Bake 15 minutes or until muffins are golden brown.
8. Allow muffins to cool in pan for 5 minutes, then move to a wire rack. Serve when cooled and enjoy!

