Vegan Banana Oatmeal Muffins

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Ingredients:

- 1 cup rolled oats
- 1 cup almond milk
- 11/4 cups spelt flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 tsp salt
- 60ml aquafaba
- 1/4 teaspoon cream of tartar
- 1/2 cup coconut sugar
- 1 cup mashed ripe banana
- 2 tablespoons maple syrup or honey
- 1 tablespoon grapeseed oil
- 1 teaspoon vanilla extract
- 1/2 cup chopped walnuts

Instructions:

1. In a medium bowl, place the rolled oats and pour over the almond milk. Set aside for about 30mins.
2. Preheat the oven to 200C or 400F. Have ready a muffin pan lined with 12 paper liners, and place on a baking sheet.
3. In a large bowl, whisk tougher the spelt flour, baking powder, baking soda, and salt.
4. In a small bowl, place the aquafaba and cream of tartar and beat using a hand mixer until stiff peaks (should take about 1-2 minutes)
5. Add the sugar, mashed banana, maple syrup and honey to the oat mixture and stir to combine.
6. Pur the wet mixture over the dry ingredients and fold together, but do not over mix. Pour over the beaten aquafaba and fold in gently, adding in the walnuts in the last few strokes.
7. Divide equally among the 12 muffin cups, I like to use an ice cream scoop. Bake for 5mins then turn down the temperature to 180C or 375F and bake another 15mins until firm to the touch.