

## Banana, Apple & Oat Muffins

### *Ingredients*

120g Rolled Oats

2 ripe bananas

60g Apple Sauce/ Baby food apple fruit puree

1 egg

2TBS Maple Syrup

1TSP Cinnamon

1TSP Baking Powder

A handful of blueberries



### *Method*

Step 1: Place all the ingredients in a food processor except for the blueberries.

Step 2: Fold in the blueberries and divide evenly into the muffin cases.

Step 3: Bake for 15mins at 170C.

Step 4: Allow to cool completely before eating.