

## Raspberry Oatmeal To Go

- 2 ripe bananas mashed
- 1 cup raspberries lightly mashed (frozen works well)
- 1 egg, beaten
- 1 tsp vanilla extract
- ½ tsp maple extract
- 2 cups rolled oats
- 1 tsp cinnamon
- 1 tsp baking powder
- ¼ salt (optional)
- 1 tsp honey
- ¾ cup unsweetened almond milk

Mix bananas, raspberries, egg, and extracts together in large bowl.

Stir in oats, cinnamon, baking powder, salt, and honey.

Stir in almond milk until combined

Bake in muffin pan (lined with cup cake cups) at 350 degrees.

for 20-25 minutes until toothpick comes out clean.

Makes 12 muffins. OK to double. They freeze well.