



Banana Oat Cups!

Learn how to make delicious treats to take on all your adventures!

Length: 30 Minutes

Difficulty: Medium

Supplies You Will Need

- Muffin tin
- Baking cups
- Large bowl
- Measuring Cups
- Measuring spoons
- Fork
- 3 ripe bananas
- Spatula
- 3 C. Oats
- 1 C. Milk
- 1 Tbsp. Baking Powder
- 2 Eggs
- 1 tsp. Vanilla extract
- 3 Tbsp. Chocolate Chips

ACTIVITY INSTRUCTIONS

(Parental Warning: Oven use)

1. Preheat oven to 375 degrees. Peel all bananas and place in large bowl. Using a fork or potato masher, mash bananas until there are only a few lumps of banana left.
2. Add the rest of the ingredients (Oats, milk, baking powder, eggs, vanilla extract, and chocolate chips) to bananas and mix until everything is combined. Make sure that your eggs are well mixed in the batter.
3. Prep your muffin tin and add batter. Line muffin tin with baking liners. Using a spoon or cookie scoop, fill cups with batter. This batter does not expand too much, so don't be afraid to almost fill the cups with batter.
4. Note: If you do not have baking cups, you don't need them! Just be sure to generously spray your muffin tin with cooking spray before filling.
5. Bake at 375 degrees for about 20 minutes or until the top of the muffins are a nice golden brown.
6. Let cool for 10 minutes and then dig in!

