



# Banana Chocolate Chip Oatmeal Muffins

## INGREDIENTS

1/2 cup shredded coconut (sweetened or unsweetened)  
3 ripe bananas, mashed (about 1 1/2 cups)  
3 cups old-fashioned oats  
1 1/2 cups milk (any kind)  
2 large eggs, whisked  
3 Tbsps. (packed) brown sugar  
2 Tbsps. vegetable oil  
1 tsp. baking powder  
1 tsp. vanilla extract  
1/2 tsp. salt  
1 cup walnuts, coarsely chopped  
1/2 cup mini chocolate chips

## DIRECTIONS

1. Preheat oven to 350°F and coat 12-count muffin tin with nonstick cooking spray.
2. In dry nonstick skillet over medium-low heat, toast shredded coconut 2-3 minutes, tossing frequently so it toasts evenly, until light golden and fragrant. Remove from heat and set aside.
3. In large mixing bowl, combine bananas, oats, milk, eggs, brown sugar, oil, baking powder, vanilla and salt. Stir using a wooden spoon or spatula until mixed evenly. Then stir in walnuts, chocolate chips and toasted coconut.
4. Scoop mixture into 12 muffin cups, filling to the tops. Bake 30-35 minutes, until tops are

golden and a toothpick inserted in middle comes out clean. Cool 5 minutes, then gently remove from muffin tin with butter knife or small spatula. Serve, storing any leftovers in an airtight container.

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