

Sugar-Free Banana Muffins

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Ingredients:

- 1 cup mashed very ripe banana
- 1 large egg
- 1/4 cup melted coconut oil (slightly cooled)
- 1 cup milk (dairy or nondairy)
- 1 teaspoon pure vanilla extract
- 1 cup whole wheat flour
- 3/4 cup rolled oats
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt

Method:

Spoon teaspoonfuls of yogurt on to a tray lined with baking paper - you can also blend fruit into the yoghurt. Spread the yogurt slightly with the back of the spoon to make a small round shape.

You can top each yogurt button with a slice of fruit, like strawberries, then put the baking sheet in the freezer for about 2 hours till the yogurt buttons are firm. Remove the buttons off the paper to store in a freezer-safe, airtight container or serve immediately.