

Here is a wonderful, healthy recipe passed on by a friend.

Healthy Blueberry Muffins

3 Banannas – mashed

½ cup pears – mashed

½ cup blueberries

1 Tablespoon cinnamon

1 Tablespoon vanilla

1-1/2 cups oat meal (not instant)

1 teaspoon olive oil – optional – I leave this out

Super Healthy Blueberry Muffins

Last Updated Thursday, 09 June 2016 16:14

Spray Pam or It's Not Butter spray on muffin tin. I use these because they are non-fat

Mash the bananas and pears. I leave them chunky so I can have pieces in the muffin. I have used fresh and canned pears, both work.

Add the rest of ingredients – I add the berries last. I have used fresh or frozen berries.

Spoon mixture evenly into muffin pan. Makes 6

Cook at 450 degrees for 30 minutes. Let cool, use knife around muffins to help release.