



Monkey Business

Banana muffins

For 4

Ingredients:

- 1 ½ dl (¾ cup) flour (spelt/rye/buckwheat or whatever is your favorite)
- 4 tbsp. oats or granola
- 1-2 banana
- 2-3 eggs
- 4 tbsp. chia seeds
- 1 ½ dl chopped almonds or other nuts
- 1 dl cranberries or raisins
- 1 ½ dl oat/rice milk
- ½ dl raps seed or coconut oil
- 1 ½ tsp. baking powder
- 1 tsp. vanilla powder/extract
- 1 tsp. salt

How to:

- Turn the oven to 175 °C
- Mix all the dry ingredients (oats, baking powder, vanilla, spelt flour and salt) in a bowl
- Put chia seeds into another bowl with the dried berries/raisins and the milk. Let it stand for 5 minutes.
- Mash the banana
- Mix oil and the eggs in a bowl with the chia seeds and stir well
- Add the chia seed mix with the dried ingredients and stir well. Add chopped almonds
- Put the dough in muffin forms, so they are half full
- Bake the muffins in approx. 25 minutes

Serving suggestions:

Serve with a boiled egg or some fruits or smoothie for breakfast or bring them to work or school as a midday snack.

Tips:

- Use the nuts and seeds you want, for an example walnuts or hazelnuts
- Raisins and other dried fruits can be used instead of cranberries
- Any kind of milk can be used

Recipe from the Danish cookbook *Flow Food*
by Tora Zophia Silverhøj (former Susana Mei Silverhøj)
Get it here: [Flow Food - nem økomad på budget](#)

