**Vegan Oatmeal Banana Muffins**

**SERVINGS:** 12 MUFFINS  
**PREPPING TIME:** 15 MIN  
**COOKING TIME:** 30 MIN

### Ingredients

1. 12 cupcake liners  
2. $1 \frac{3}{4}$ cups flour  
3. 1 teaspoon baking soda  
4. 1 teaspoon baking powder  
5. 1 teaspoon salt  
6. $\frac{1}{2}$ cup unsweetened applesauce  
7. 1 cup brown sugar  
8. 3 mashed bananas  
9. Egg substitute for 2 eggs*  
10. 1 teaspoon vanilla  
11. 2 cups quick-cooking oatmeal  
12. 1 cup 60% cocoa chocolate chips  
13. 1 cup chopped pecans

### Directions

1. In a mixing bowl, sift together the flour, baking soda, baking powder, and salt; set aside.
2. In a mixer, combine the applesauce, brown sugar, egg substitute, bananas, and vanilla. Next, add the flour mixture, oatmeal, chocolate chips, and pecans.
3. Pour into cupcake liners and bake at 350° F for 30 minutes.

**Egg replacer options:**

- 2 tablespoons flax seed meal mixed with 6 tablespoons warm water. Whisk together and let sit until the mixture is a gel-like consistency.
- Bob’s Red Mill Egg Replacer: Mix 2 tablespoons with $\frac{1}{4}$ cup water.

### Nutrition analysis per serving

<table>
<thead>
<tr>
<th>Amount per serving</th>
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<tbody>
<tr>
<td>Calories 325</td>
<td>Sodium 350mg</td>
</tr>
<tr>
<td>Total Fat 11g</td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>Total Carbohydrate 55g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>Dietary Fiber 7g</td>
</tr>
<tr>
<td>Total Sugars 24g</td>
<td>Protein 6g</td>
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*Egg substitute for 2 eggs can be found in vegan and vegetarian cookbooks or online resources.*