



Omega-3 Banana Berry Muffins

1 cup rolled oats
½ cup all-purpose flour
½ cup whole-wheat flour
¼ cup Natunola® health's delight
Shelled Flax Meal
¼ cup Natunola® health's delight
Shelled Flax Kernel
½ cup sugar
1 ½ tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 ½ cups mashed bananas
2 eggs
¼ cup butter, melted
1 cup fresh or frozen blueberries
or dried cranberries



Preheat oven to 375°F. In a large bowl, combine rolled oats, both flours, Natunola® health's delight Shelled Flax Meal, Natunola® health's delight Shelled Flax Kernel, sugar, baking powder, baking soda and salt. Stir well and set aside.

In a small bowl, whisk together bananas, eggs and melted butter until smooth. Add banana mixture into dry ingredients and mix until just moist. Gently fold in berries.

Grease muffin tins and divide batter evenly. Bake for 20 minutes or until wooden pick inserted in center comes out clean.

Yields approximately 12 muffins

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