



Adventist<sup>®</sup>  
**HealthyYOU**  
JOY OF EATING

<https://nadhealth.org>



## Vegan Raspberry Muffins

By Wynelle Stevens

### Ingredients

- 1 Medium Ripe Banana
- 2 Cups Almond Milk
- 3 Cups Rolled Oats
- 1 tsp Baking Powder
- 1/2 tsp Salt
- 2 tsp Vanilla Extract
- 2 Cups Raspberries
- 1/4 Cup Brown Sugar

### Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, mash the banana, and whisk together with the almond milk, until smooth.
3. Mix in the remaining ingredients until well combined, reserving the raspberries.
4. Fold in the raspberries.
5. Evenly divide the mixture and pour into muffin cups.
6. Bake for 25 minutes.
7. Let cool before removing (or don't).