

RECIPE

Oat Tahini Muffin with Nutella®

Medium

45 min



INGREDIENTS

for 8 Muffins (1 Muffin per person)

120g banana, mashed

2 organic eggs

3ml vanilla extract

45ml molasses

60ml Tahini

30ml milk

60g whole-meal flour

90g quick oats

5g baking powder

2g sea salt

Extra ½ sliced banana to top muffins (about 25g)

120g Nutella®



To prepare this delicious recipe, 15g of Nutella® per person is enough to enjoy!

METHOD

- 1 Pre-heat oven to 180°C. Prepare a muffin tray.
- 2 In a blender, place bananas, eggs, molasses, Tahini, vanilla and milk.
- 3 Mix whole-meal flour with oats, baking powder and salt. Add the dry ingredients slowly to the wet ingredients. Pulse until all is well combined.
- 4 Distribute the dough on 8 muffin spaces (about 55-60g dough per muffin) – Top with a slice of banana each and place in the oven for 25 minutes.
- 5 Let them cool, then top each muffin with a teaspoon of Nutella®.