

# Strawberry Coconut Oatmeal Muffins

12 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 3/4 cups Canned Coconut Milk (full fat)
- 1/4 cup Maple Syrup
- 1 1/2 tsp Vanilla Extract
- 2 tbsps Ground Flax Seed
- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1 cup Strawberries (fresh, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Carbs	17g
Fat	10g	Protein	3g

## DIRECTIONS

- 01 Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
- 02 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
- 03 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 04 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!