

Ingredients :

- ☐ 1/3 Cup shredded coconut
(no sugar added)
- ☐ 1 1/3 Cup instant oatmeal
- ☐ 1 Pre-sliced banana
- ☐ 1/4 Cup strawberry preserves
- ☐ 1/3 Cup raisins or chopped walnuts
- ☐ 1/2 Tablespoon almond butter or
sunflower seed butter
- ☐ 1/3 Cup pre-sliced strawberries



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With a fork, mash a banana in a bowl. Then, add unsweetened shredded coconut, instant oatmeal, strawberry preserves, and raisins. Or you can use walnuts instead. Mix and set aside.

Spray muffin tins with nonstick spray and scoop banana-oatmeal mixture into each muffin tin, until all of the mixture is out of the bowl.

With a spoon, place the butter of your choice on top of each muffin and garnish with 1 sliced strawberry. Refrigerate overnight or for at least 2 hours, then serve.