



Vegan, Gluten, Dairy, Egg and Oil FREE

Banana Nut Muffins

This recipe is about 2,850 calories. Divide by 14, about 204 calories per muffin.

I have family members and friends with dietary restrictions. I heard many times “It is usually not as tasty.” I decided to come up with recipes that not only are healthy but also tasty. I have a “test group.” Believe me, they are honest. The Banana Nut Muffins trials ended up in the garbage several times before I received the “Oh yeah.” When I came up with this recipe I had my brother in mind. He is vegan, athlete, and very conscious about the food he eats.

What you need and how to prepare the Banana Nut Muffins.

- Muffin tray
- Muffin tray liners
- 1.5 cups (12 oz) cups of almond flour
- 1 cup (8 oz) of crumbled walnuts
- 3 oz of maple syrup (Just maple, without added any other ingredient)
- 1/2 cup (4 oz) apple sauce (no sugar added to mine)
- 1 teaspoon of baking soda
- 1/2 teaspoon of salt
- 3 small ripe bananas.
- Optional 1/4 cup (2 oz) of coco nibs, OR raisins

Pre-heat the oven to 350°F.

Mix all the dry ingredients first. Add the rest. Mix well.

Pour the mixture into a lined muffin tray (about 14 muffins)

Bake about 35 min. The toothpick check is somewhat tricky with this recipe, Insert a toothpick into the center of the muffin. If the toothpick not too wet, it's done. Let the muffins completely chill. Preferably, refrigerator overnight.

Enjoy,

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