

## Banana, Blueberry Muffins

### Ingredients:

- 4 over-ripe, mashed banana
- 5 large eggs
- 1/4 cup melted coconut oil
- 1 teaspoon ground cinnamon
- 3 tablespoons of chia seeds
- 2 teaspoons of baking powder
- 1 cup coconut flour
- 1/2 cup of fresh or frozen blueberries
- 1/2 cup of chopped macadamia nuts (optional)



### Directions:

Pre-heat your oven to 325 ° F and grease your muffin tray with coconut oil. In a food processor mix together the ripe banana, eggs, cinnamon & coconut oil (you can also do this with an egg beater). When it is combined well, add in the coconut flour, baking powder & chia seeds, mix well until it forms a batter. Let sit for 5 mins for the chia seeds to thicken the mixture. Then, gently stir in the blueberries & macadamia nuts. Pour mixture into muffin trays until 3/4 full and depending on your oven they should take 25-30 minutes and will be brown on top. This makes 12 muffins and they freeze quite well.