



ALMOND FLOUR BANANA MUFFINS

GLUTEN-FREE, NATURALLY SWEETENED WITH HONEY

INGREDIENTS (MAKES 10-12 MUFFINS):

- 3 RIPE BANANAS, MASHED
- 3 EGGS
- 1/4 CUP COCONUT OIL OR MELTED BUTTER
- 1/4 CUP HONEY
- * 1 TSP VANILLA EXTRACT
- P 2 ½ CUPS ALMOND FLOUR
- 1 TSP CINNAMON
- 1/2 TSP BAKING SODA
- 1/2 TSP BAKING POWDER
- 1/4 TSP SALT
- OPTIONAL: 1/2 CUP CHOPPED WALNUTS OR DARK CHOCOLATE CHIPS

INSTRUCTIONS:

1. PREHEAT YOUR OVEN TO 350°F (175°C). LINE A MUFFIN TIN WITH LINERS OR GREASE LIGHTLY.
2. IN A LARGE BOWL, WHISK TOGETHER MASHED BANANAS, EGGS, HONEY, COCONUT OIL, AND VANILLA.
3. IN ANOTHER BOWL, MIX ALMOND FLOUR, CINNAMON, BAKING SODA, BAKING POWDER, AND SALT.
4. ADD THE DRY INGREDIENTS INTO THE WET INGREDIENTS AND STIR UNTIL JUST COMBINED. FOLD IN OPTIONAL ADD-INS IF USING.
5. DIVIDE THE BATTER EVENLY AMONG THE MUFFIN CUPS.
6. BAKE FOR 20-25 MINUTES, OR UNTIL GOLDEN ON TOP AND A TOOTHPICK INSERTED COMES OUT CLEAN.
7. LET COOL IN THE PAN FOR 10 MINUTES BEFORE TRANSFERRING TO A RACK.