

Banana Muffins

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Ingredients:

2-1/2 cups almond flour
2 tsp baking soda
1/2 tsp salt
1/4 cup coconut oil, melted
4 eggs
2 very ripe bananas, mashed
3 tsp vanilla
3 tsp cinnamon
1/2 c raisins or dark chocolate chunks

Preparation:

Pre-heat oven to 350F.

Combine flour, baking soda and salt in a small bowl.

In a separate bowl, mix coconut oil and eggs.

Add dry to wet and blend well.

Add banana mash, vanilla and cinnamon. Fold in raisins/chocolate.

Pour into greased muffin tin. I like the reusable silicone muffin liners. I often make mini muffins out of these - great serving size for kids!

Bake 15-20 minutes or until toothpick comes out dry.