

Blueberry Banana Muffins

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Makes: 12 regular or 24 mini muffins

Ingredients:

1/2 cup coconut flour
1/4 cup Maple syrup
1 medium banana, mashed
6 eggs
1/2 cup coconut oil, melted
1/2 tbsp pure vanilla extract
1/2 tsp salt
1/4 tsp baking soda
1/3 cup blueberries, frozen or fresh

Preparation:

Preheat oven to bake at 350°F.

In a large mixing bowl, blend all ingredients except blueberries thoroughly with a hand mixer.

Line muffin tin with silicone or paper muffin cups.

Fill half of each cup with batter. Then sprinkle each muffin with blueberries by hand. Cover with remaining batter.

Bake at 350°F for 30 minutes.