



Banana Nut Muffins



prep time
10 minutes



total time
35 minutes



servings
12

Ingredients

- 4 medium bananas, mashed (the more ripe, the better) ~ 6 carb servings
- 4 eggs ~ 4 protein servings, 1 1/3 fat serving
- 1/2 cup almond butter ~ 8 fat servings
- 2 tbsp coconut oil, melted ~ 2 fat servings
- 1 tsp vanilla
- 1/2 cup coconut or almond flour ~ 2 fat servings
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Instructions

- 1 Preheat oven to 350 degrees F. Line a muffin tin with liners or spray with cooking spray.
- 2 In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.
- 3 Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full. *you can top the muffins with chopped nuts if you like!
- 4 Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a resealable bag.



Whole Recipe Breakdown:

Protein: 4 servings

Carb: 6 servings

Fat: 13 1/3 servings

Veggies: 0 servings