

PALEO BANANA WALNUT MUFFINS

DRY INGREDIENTS

2 cups almond flour
1/3 cup coconut flour
1 tsp baking soda
1 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1 cup baking walnuts (chopped)

WET INGREDIENTS

2-3 over-ripe bananas
1 tbsp vanilla
3 eggs (at room temperature)
1/3 cup honey
3 tbsp coconut oil (I like coconut oil the best,
but olive oil also works fine.)
2 tbsp almond butter

DIRECTIONS

Preheat oven to 350 degrees.

Place walnuts on a baking sheet, and put them in the oven to roast. Watch them closely, as they do burn easily.

Mash bananas into a liquid. Mix in honey and almond butter.

Beat eggs, oil and vanilla. Add to banana mixture.

In a separate bowl, mix all dry ingredients, including toasted walnuts.

Mix wet and dry ingredients.

Spoon batter into lined muffin cups.

Bake 15–20 minutes.

Makes 12 muffins