

Banana Nut Muffin

Nutty Dry Mix Ingredients:

- 2 3/4 cups almond flour
- 1/4 cup coconut flour
- 1/4 teaspoon sea salt
- 1 1/2 teaspoons baking soda

Banana Mix Ingredients:

- 1 3/4 cups pureed banana (about 4 very ripe bananas)
- 7 Medjool dates, pitted
- 2 tablespoons grapeseed oil or other light oil
- 1 tablespoon pure vanilla extract
- 3 large eggs

Nut Topping:

- 1/3 cup chopped walnuts
- 2 tablespoons packed brown sugar (optional)

Preheat oven to 350 degrees F.

Directions

Line cupcake/muffin pan with cupcake papers.

Stir dry ingredients together with a whisk in a large mixing bowl.

In a food processor combine Bananas, (don't overfill your measuring cup) Medjool Dates, Oil, Vanilla and Eggs.

Whirl until smooth.

Pour over the dry ingredients and stir until mixed.

Spoon the batter into the paper-lined cupcake/muffin pan.

Sprinkle each muffin with Nut Topping.

Bake until golden brown, approximately 25-30 minutes or until a toothpick when inserted comes out clean.

Makes 12 medium-sized muffins.



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