

Banana Blueberry Muffins

Yield: 12 muffins

Prep time: 10 minutes

Total time: 35-40 minutes

INGREDIENTS

- ripe bananas** | 1 cup, mashed (3 large)
- eggs + egg whites** | 2 of each, large
- pure maple syrup** | 2 Tbsps (or local honey)
- organic coconut oil** | 1 Tbsp, melted
- almond flour** | $\frac{3}{4}$ cup
- coconut flour** | $\frac{1}{4}$ cup
- baking soda** | $\frac{3}{4}$ teaspoon
- salt** | $\frac{1}{2}$ teaspoon
- ground cinnamon** | 1 teaspoon
- ground flaxseed** | 2 Tablespoons
- organic blueberries** | $\frac{1}{2}$ cup, frozen

DIRECTIONS

1. Grease 12-cup muffin tin with olive or coconut oil and set aside. Pre-heat the oven to 350 degrees.
2. In a large bowl, mash bananas, then add the eggs and mix well (*I use a hand blender to mix for a smoother consistency*)
3. Next, add the maple syrup and coconut oil and mix well.
4. In a separate medium bowl, mix the almond flour, coconut flour, cinnamon, baking soda, salt, and flaxseed.
5. Pour the dry ingredients into the wet ingredients and stir. Once mixed, add the frozen blueberries; *make sure you add these last to prevent the batter from turning blue!* Gently mix.



6. Pour the batter into the prepared muffin tin and place in the oven for 25-30 minutes.
7. Check after 25 minutes as oven temperatures can vary...they should be slightly browned on top.

ABOUT THIS RECIPE:

These gluten-free, fiber rich muffins are packed with benefits including prebiotic fibers, anti-inflammatory properties, and are so delicious that they will spare you the temptation of store-bought sweets. They are a perfect on-the-go breakfast paired with a glass of nut milk, or as a pre-exercise snack.

Gut Friendly Recipe

Gluten free, Dairy Free, Anti-Inflammatory

NOTES

- * These freeze wonderfully well, so make a patch ahead of time and freeze so you will always have a nourishing sweet addition to your day!

Enjoy clean, speedy, healthy eating! ~Julie