

# BANANA MUFFINS

## INGREDIENTS

- 3-4 overripe ripe bananas (1 1/2 cups)
- 2 eggs
- 1/2 cup coconut oil
- 1/3 cup honey
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 2 cups gluten-free flour (I used coconut flour)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 – 1 cup add-ins (I used nuts)

## DIRECTIONS

- Preheat oven to 175 degrees C  
Grease/ line a standard muffin pan.
- In a large bowl, mash the bananas.  
Add the eggs, honey, coconut oil, milk, and vanilla extract. Whisk to combine.
- Stir in the flour, baking powder, baking soda, salt, and add-ins.
- Divide batter into prepared muffin cups and bake 20-22 minutes or until cooked through.