

## Banana Muffins/Bread – Makes 8 muffins

<https://www.eminencenutrition.com/banana-muffins-bread>



### Ingredients:

- 4 Bananas
- 4 Eggs
- ¼ cup Melted coconut oil
- ½ cup Natural peanut butter or almond butter
- 1 tsp. Vanilla extract
- ½ cup Coconut flour
- ½ cup Milled flaxseed
- 1 tbsp. Cinnamon
- 1 tsp. Baking powder
- 1 tsp. Baking soda

### Directions:

1. Preheat oven to 350F.
2. Place all ingredients into a large blender and blend until smooth.
3. Pour batter evenly into a silicon muffin pan just to the rim and bake for 20min.
  - a. If you don't have a silicon muffin pan a metal one is fine, but make sure to use muffin cups or else it sticks!
  - b. If you have empty cups left in your pan fill them half way with water so it doesn't ruin your pan
4. Remove from oven and allow to cool before eating.
5. Enjoy 😊

### Banana Bread:

- Bake for one hour, makes ~8 slices