

LOVE THY CARROT

real food made with love

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BANANA ALMOND FLOUR MUFFINS

INGREDIENTS

3 large ripe bananas
2 eggs
1 tsp vanilla extract
3 tbsp pure maple syrup
2 cups almond flour
1 tbsp baking powder
1/4 tsp salt
2 tsp cinnamon
1/4 tsp nutmeg
1/3 cup golden berries
handful of hemp hearts for sprinkling on top, (optional)

DIRECTIONS

1. Preheat the oven to 350 degrees F and lightly oil a loaf pan. (I used melted coconut oil).
2. In a food processor add the bananas and process until they are mashed.
3. Add the eggs, vanilla, maple syrup, baking powder, salt, cinnamon and nutmeg to the processor and blend until well combined.
4. Add the almond flour and give a few quick pulses, just until the flour is combined.
5. Add in the golden berries and again give a few quick pulses.
6. Pour banana bread mixture into the prepared loaf pan and with a spatula spread the batter evenly.
7. Sprinkle with a handful of hemp hearts and a few more golden berries.
8. Bake for 40 to 50 minutes.
9. Allow bread to cool for 30 minutes before removing from loaf pan.

COOKS NOTES

This loaf keeps well in the fridge for a week.
You can also slice and store in the freezer.
If you don't have golden berries you could use cranberries or any other dried fruit you like.