

Banana Muffins – Gluten Free/Paleo

Ingredients

- 1/3 cup + 1 TBS natural nut/seed butter (Delicious with cashew)
- 1 large egg
- 1/2 tsp vanilla extract
- 3 small extra ripe bananas, mashed very well (3/4 cup total)
- 1 cup almond flour, 110g
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp all spice
- 1/4 tsp salt

Optional Add-Ins:

- 1/4 cup dairy-free or sugar free mini chocolate chips
- 1/3 cup chopped walnuts
- 1/4 cup paleo granola for crumble topping
- 9 slices of banana for topping



Instructions

1. Preheat oven to 350°F. Grease muffin pan with oil, or use silicone muffin pan.
2. In a large bowl add nut/seed butter, egg and vanilla. Use hand mixer to combine, or whisk together vigorously. Add in mashed banana (mine was more like a puree) and combine until smooth.
3. Add in almond flour and evenly sprinkle on baking soda, cinnamon, nutmeg, all spice, and salt. Use large spatula to gently combine until no lumps are present in batter. Gently fold in your mix-ins if using. Muffin batter should have a medium thickness, but not too heavy.
4. Evenly distribute batter into 9 muffin cups, about 2/3 of the way full. *Top muffin batter with extra mix-ins if using.*
5. Bake muffins for 12-18 minutes, or until inserted toothpick comes out clean. Muffins will rise and cracks should appear when done. Allow muffins to cool in pan for 5 minutes before transferring to wire rack to cool completely. Enjoy!

Notes

Use frozen bananas that were extra ripe, and mashed down to almost puree consistency.

This recipe uses almond flour, not almond meal. So I can't recommend substitutes. You may try using almond meal, but the consistency of the muffins may change. I do not recommend substituting with coconut flour or any other flour unless you're comfortable making those substitutions and have experience baking with other types of flours.

Store muffins in container at room temperature 2-3 days. Or store in fridge 3-5 days. Muffins will be moist.