

# 4 Ingredient Banana Muffins



DIETARY INFO: DF, GF, VEG

SERVES: 20

PREP TIME: 10 mins

COOK TIME: 25 mins

## Ingredients

2	Ripe bananas, peeled (2 each)
1/2 cup	Coconut cream (125ml)
1 1/2 cups	Almond meal (150g)
2	Eggs (2 each)



## Tips

### Optional boosters:

Add 1 tbs chia seeds or flaxseeds (15 g).

### Optional flavourings:

Add 1 tsp vanilla extract (5 ml) to the mixture.

### Allergy advice and simple swaps:

For a nut-free alternative: Swap almond meal for 1 cup wholemeal spelt flour.

For a gluten-free and nut-free alternative: Swap almond meal for 1 cup brown rice flour or the Wholesome Child gluten-free flour mix.

Swap coconut cream for coconut milk or any other milk of choice.

## Method

1. Preheat oven to 185°C and line a mini-muffin tray with cupcake holders.
2. In a food processor, place eggs, almond flour, bananas and coconut cream.
3. Blend on high speed until mixture is smooth and thick.
4. Pour batter into the cupcake holders and bake in the oven for 25 mins or until golden.

Serving and storing leftovers: Serve immediately, store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.