

Banana Almond Butter Muffins

Process the following in a food processor until smooth (a mix master may also work):

- 1 cup almond butter
- 4 large organic eggs
- 2 medium ripe bananas
- 1/4 cup maple syrup or honey
- 2 teaspoons vanilla
- 6 tablespoons coconut flour (1/3 cup)
- 3/4 teaspoon baking soda
- 1/2 teaspoon sea salt

Stir in 1 or 2 of these options with a spoon:

- 1/2 cup chopped walnuts or pecans + 3 tbsp mini chocolate chips
- 4 tbsp frozen blueberries + 1 extra tbsp maple syrup or honey
- 3 tbsp raisins + 1/2 cup chopped walnuts or pecans + 1 extra tbsp maple syrup or honey

Scoop batter into muffin cups.

Bake for 25 to 30 minutes at 350F. Cool on a wire rack.