

HONEY BANANA MUFFINS WITH COCONUT FLOUR

Ingredients:

(Yield: 10–12 muffins or 20—24 mini muffins)

3 very ripe bananas
1/3 cup honey
1/4 cup canola oil
1 large egg
1 teaspoon vanilla
1 ½ cups coconut flour
1 teaspoon baking soda
1/4 teaspoon salt



Directions:

Preheat the oven to 375F. Set 12 muffin liners (or 24 mini muffin liners) in a cupcake tin. Set aside.

In a large bowl, mash the bananas with the honey, oil, egg, and vanilla. Add the flour, soda, and salt. Stir until well combined.

Divide the batter among 10–12 paper-lined muffin cups, filling them almost full, and bake for 18—20 minutes, or until golden and springy to the touch. *If making mini muffins, bake for 16–18 minutes.

Remove from oven and remove the muffins from the cupcake tin. Let cool completely on a wire rack.



Daryl Wood Gerber

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