

Wheat-free Banana Cinnamon Muffins

Ingredients

- 2 ripe bananas (mashed)
- 100 ml melted butter or coconut oil
- 3 eggs
- 125 ml almond milk or regular milk
- 5 ml vanilla essence
- ½ cup coconut flour
- ¼ cup almond flour
- 2 tbs xylitol or erythritol or honey
- ¼ tsp sea salt
- ½ tsp bicarbonate of soda/baking soda
- 1 tsp ground cinnamon



Instructions

1. Pre-heat oven to 160 degrees C.
2. Line a 12-muffin tin with paper muffin liners.
3. Mix dry ingredients in a large bowl.
4. Mix wet ingredients in a medium bowl.
5. Add wet mixture to dry mixture.
6. Transfer to muffin tin.
7. Bake muffins for about 15 - 20 minutes.
8. Let cool in pan for about 5-10 minutes.
9. Remove from pan and cool on wire rack.

