

# Low Carb Banana Bread Muffins



## INGREDIENTS

(Makes 12 muffins)

- 3 ripe bananas, mashed
- 2 c almond flour
- 2 large eggs
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 c honey
- 1/4 c coconut oil, melted
- 2-4 oz nuts of choice (optional)

# DIRECTIONS

1. Preheat oven to 350F
2. Put all ingredients in a bowl (except nuts, if using)
3. Using a hand mixer, combine all ingredients (add nuts, if using)
4. Line a muffin tin with cups and split the batter evenly between the 12 cups
5. Bake muffins for 22-25 minutes, or until a toothpick comes out clean.

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 Muffin</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 4.2g	<b>21%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber < 1g	<b>3%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> < 1g	<b>2%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**\*\*NUTRITION  
LABEL  
DOES  
NOT  
INCLUDE  
NUTS\*\***