

Hearty & Healthy Banana Muffins

Cook Time: 25-30 minutes

Servings: 12 muffins



Ingredients

- 1 tsp. Baking Soda
- 1-1/8 Cup Muesli
- 6 tsp. Stevia
- 1 tsp. Cinnamon
- 1/2 tsp. Salt
- 1/3 Cup Coconut Flour
- 1 tbsp. Goji Berry Powder
- 1/2 Cup Egg Whites
- 1 tbsp. Coconut Oil
- 2 tsp. Vanilla Extract
- 1/4 Cup Vanilla Almond Milk
- 2-3 Ripe Bananas

Instructions

1. Preheat oven to 375°F (191°C).
2. Spray muffin pan with cooking spray.
3. In a bowl add all the dry ingredients: 1 tsp. baking soda, 6 tsp. Stevia, 1 tsp. cinnamon, 1/2 tsp. Salt, 1/3 cup coconut flour, 1 tbsp. goji berry powder, 1 cup muesli.
4. Microwave 1 tbsp coconut oil for 1 minute, and add to the bowl.
5. Add 1/2 cup egg whites, 2 tsp vanilla extract, 1/4 cup vanilla almond milk.
6. Blend bananas, and add to bowl.
7. Mix everything.
8. Put the batter evenly in the 12 cups.
9. Sprinkle 1/8 cup muesli on top.
10. Put in the oven for 25-30 minutes; they're done when a toothpick inserted comes out clean.

