



Marjie C. Andrejciw, MT (ASCP) MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Banana Flour & Raspberry Muffins

Ingredients:

- 1 2/3 cup green banana flour
- 2 large bananas, mashed
- 4 eggs
- 1 cup coconut milk
- 2 tbsp coconut oil, melted
- 1 ½ tsp baking powder
- ½ tsp cinnamon
- pinch of sea salt
- 1 cup fresh raspberries

PREPARATION:

1. Preheat oven to 350° F
2. Place all ingredients except raspberries into a large mixing bowl and combine well.
3. Fold in the raspberries and spoon the mixture into a muffin tray. Use muffin baking cups for best results!
4. Place into the oven and cook for 20-30 minutes, or until the muffins are cooked.
5. Serve warm!