

# **Almond Flour Banana Bread /Muffins**

## **Ingredients**

- 3 cups almond flour
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1/2 tsp baking powder
- 3 eggs
- 2 ripe bananas
- 1/2 cup stevia or xylitol
- 1/4 cup coconut oil or melted butter
- 1 Tbsp vanilla essence



## **Instructions**

1. Pre-heat oven to 180 degrees C.
2. Grease a 12-muffin tin (or 1 loaf pan) with coconut oil.
3. Mix dry ingredients in a large bowl.
4. Mix wet ingredients in a medium bowl (in order listed).
5. Add wet mixture to dry mixture.
6. Transfer to pan.
7. Bake muffins for about 20 – 25 minutes (or) bake a loaf for about 35 – 40 minutes.
8. Let cool in pan for about 5-10 minutes.
9. Remove from pan and cool on wire rack.