



Grain-Free Banana-Chia Muffins

Ingredients

Amount

Almond Flour	¼ C
Coconut Flour	¼ C
Ripe Bananas	2 small
Eggs	3
Egg whites	¼ C
Walnut Oil	¼ C
Cinnamon	1 tsp
Nutmeg	1 tsp
Vanilla powder	½ tsp
Baking Soda	½ tsp
Cream of Tartar	½ tsp
Sea salt	¼ tsp
Chia seeds	1 TBS
Stevia	½ tsp

Preparation:

- In a large mixing bowl, add all ingredients and mix well.
- Preheat the oven at 375F
- Lightly coat the muffin tin with walnut oil using a spray or paper towel
- Spoon mixture into large muffin tin, fill up each half way
- Bake for 20-25 minutes- Check with a toothpick.
- When muffins are cooked, set the muffin tin on a cooling rack, let cool for 15 minutes.
- Serve warm.



Nutrition Facts

Servings 6.0

Amount Per Serving

calories 207

% Daily Value *

Total Fat 15 g 23 %

Saturated Fat 3 g 13 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 7 g

Trans Fat 0 g

Cholesterol 93 mg 31 %

Sodium 209 mg 9 %

Potassium 215 mg 6 %

Total Carbohydrate 13 g 4 %

Dietary Fiber 4 g 16 %

Sugars 5 g

Protein 7 g 13 %

Vitamin A 3 %

Vitamin C 5 %

Calcium 4 %

Iron 8 %