



Lakeland Natural Health

Gluten-Free Blueberry Banana Muffins

*Use Organic Ingredients when possible

Ingredients:

- 3 Cups Almond Flour
- 1/4 Tsp Sea Salt
- 1-1/2 Tsp Baking Soda
- 2 Tbsp Olive Oil
- 3 Eggs
- 2 Cups Bananas (4-5), mashed
- 1 Cup Frozen Blueberries

Instructions:

Preheat oven to 350°F. Line a 12-cup muffin pan with baking cup liners. In a large bowl, combine the almond flour, salt and baking soda. In a medium bowl, whisk together oil and eggs. Combine and thoroughly mix wet and dry ingredients. Stir in bananas, and then fold in blueberries. Spoon the batter into the prepared pan. Bake for 30-40 minutes or until the muffin tops are lightly brown and a toothpick inserted in the center comes out clean. Serve warm.

Yields 12 muffins.