



AUTUMN'S BANANA APPLE MUFFINS^o

SERVES: 9 (1 muffin each) Prep Time: 20 min. Cooking Time: 22 min.

CONTAINER EQUIVALENTS (per serving): 1 1



My son is a big eater, except first thing in the morning, so this recipe started out as a way of tricking him into eating something deceptively healthy when he wakes up. But now everybody loves these super "healthified" muffins because they're delicious and taste just like a regular old not-so-good-for-you muffin.

- 2** large eggs, lightly beaten
- 1 cup** mashed ripe banana (approx. 2 medium bananas)
- 1 Tbsp.** unsalted organic grass-fed butter, melted
- 1½ cups** almond flour
- ¾ tsp.** baking soda, gluten-free
- 1 dash** sea salt (or Himalayan salt)
- ½ cup** chopped apple (approx. ¾ medium apple)

- 1.** Preheat oven to 350° F.
- 2.** Line muffin pan with nine muffin papers and lightly coat with spray. Set aside.
- 3.** Combine eggs, banana, and butter in a medium bowl; mix well. Set aside.
- 4.** Combine almond flour, baking soda, and salt in a medium bowl; mix well.
- 5.** Add almond meal mixture to egg mixture; mix until blended.
- 6.** Add apple; mix until just blended.
- 7.** Divide batter evenly between prepared muffin cups, ¾ full (approx. ¼ cup).
- 8.** Bake for 18 to 22 minutes, or until golden brown and toothpick inserted into the center comes out clean.
- 9.** Transfer muffins to rack; cool.

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
Nonstick cooking spray

RECIPE NOTES:

- If you'd like a little more fiber and some omega-3 fatty acids, replace ½ cup of your almond flour with ½ cup of ground flaxseed.
- You can make your own almond flour by processing 1 cup slivered almonds in food processor (or blender with a strong motor). Make sure that you pulse in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approx. 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 45 mg Sodium: 157 mg Carbohydrates: 11 g Fiber: 3 g Sugars: 4 g Protein: 6 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.