

Coconut Muffins

Ingredients:

1 c. coconut flour, sifted
1c. coconut milk, plus a little water to thin
1 tsp. baking powder

4 eggs
2 tbsp. coconut butter or regular butter
2 bananas, ripe
1 tsp. stevia (depending on your brand) or 3 tsp. coconut sugar
½ tsp. lemon zest
¼ tsp. nutmeg
pinch salt

Optional add ins:

Any berry, chopped mango, chopped dates, crystalized ginger rinsed of sugar, chopped pear. I usually split up the batch and do half of one and half of another.

Preheat oven to 350 F

Method:

1. Sift dry ingredients into medium sized bowl. Set aside.
2. Blend wet ingredients and then slowly incorporate into the dry mixture.
3. Add optional ingredients varying for fun between muffin cups.

Bake for 45 minutes, turning heat to 325 after 30 minutes. Muffins are ready when toothpick inserted comes out dry.