

## Banana muffins

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## Banana muffins

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## Banana muffins

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This easy banana muffin recipe is great for school pack-ups or a post-workout snack. It's also another great reason to get the kids cooking in the kitchen.

Ingredients (makes 12)

- ½ cup coconut flour
- 1 tsp baking powder
- 2 tbsp chia seeds
- ¼ tsp nutmeg
- ½ tsp cinnamon
- 4 ripe bananas, mashed
- 4 biodynamic eggs
- 2 tbsp melted coconut oil
- 2 tbsp honey

### Method

Preheat the oven to 170°C. Mix all the dry ingredients in one bowl and then in a separate bowl mix all the wet ingredients (bananas, eggs, oil, honey). Combine both bowls and mix until thoroughly blended.

Recipe by [Scott Gooding](#).

Image by Sheh Roy.

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