

Banana Nut Topped Muffins

Ingredients

Muffins

- 1 Large very ripe banana, mashed
- 6 eggs, lightly beaten
- 1/3 cup heated coconut oil
- 1/2 cup honey
- 1 Tbsp. vanilla extract
- 2/3 cup coconut flour
- 1/4 tsp. salt

Topping

- 1 cup chopped pecans or walnuts
- 1/4 cup honey
- 1/4 cup butter
- 2 tsp. ground cinnamon
- 1 tsp. coconut flour

Serves 12

Directions

1. Preheat oven to 350F and grease muffin tin or line tin with muffin cups
2. Mash or blend banana and eggs together.
3. Whisk in the rest of ingredients and ensure there are no lumps. You may want to use a hand blender to ensure smooth batter.
4. For topping, make sure butter is cut or mashed very well into flour/nut mixture. Do not melt butter. Mix in the rest of ingredients.
5. Pour muffin batter into tin and bake for about 10 minutes before spooning the topping evenly to each muffin.
6. Continue baking for another 10-15 minutes (20-25 min total) or until cooked through.
7. Allow muffins to cool for about 10 minutes before removing from tin to cool on a wire rack.