

# Spiced apple stuffed banana muffins

## Ingredients

### Muffins

3 cups almond flour  
½ tsp baking soda  
3 eggs  
2 ripe bananas, mashed  
½ cup unpasteurized honey  
¼ - ½ cup unsweetened coconut flakes  
1 tsp vanilla extract  
½ tsp almond extract  
pinch of salt

### Filling

1 apple, peeled and diced  
1 tsp cinnamon  
½ tsp nutmeg  
1/8 tsp cloves  
1 Tbsp butter  
2 Tbsp honey

## Directions

1. Preheat oven to 350F
2. In a large bowl combine all wet ingredients and puree until well mixed (banana's, extracts, honey and eggs)
3. Mix in baking soda, coconut flakes followed lastly by almond flour
4. In a separate bowl combine filling mixture ingredients together and ensure the apples are uniformly coated
5. Spoon batter 2/3 the way up a muffin cup in each muffin cup
6. Taking about 1 Tbsp of apple mixture gently push mix into the center of muffin batter mix. Do not force the mix to the bottom however otherwise it will sink.
7. Sprinkle with extra coconut flakes if you wish to add a nice garnish that will toast in the oven
8. Bake muffins for 25-30 minutes
9. Enjoy!