



Banana Almond Butter Muffins

INGREDIENTS

½ cup smooth almond butter
3 very ripe bananas
2 eggs
1 teaspoon vanilla extract
½ teaspoon baking soda
Pinch of sea salt

DIRECTIONS

Preheat oven to 350°F and grease or line a muffin tin with liners. Beat eggs in a medium sized bowl. Fold in almond butter, bananas and vanilla into the egg mixture until well blended. Add baking soda to almond butter/banana bowl and mix until well combined. Portion out the batter between the prepared muffin holes. Bake for 15-16 minutes - until a toothpick inserted into the middle of a muffin comes out clean. Allow muffins to cool. Makes 12 muffins; 205 calories each.