

Clean Banana Nut Muffins



salt

Makes 6 large or 12 small

Need:

- ☐ 3 tbsp of brown sugar
- ☐ 2 eggs
- ☐ 1/4 cup of vegan butter
- ☐ 1 tbsp of pure cane sugar
- ☐ 1/4 cup of pure maple syrup
- ☐ 1/4 teaspoon of salt

- ☐ 1 cup of white whole wheat flour
- ☐ 1/2 teaspoon of pure vanilla extract
- ☐ 1 overripe banana
- ☐ 1/8 teaspoon of baking soda
- ☐ 3/4 teaspoon of baking powder
- ☐ 2 tsp of ground cinnamon
- ☐ 1/3 cup of unsweetened applesauce
- ☐ 1/4 cup of walnuts or pecans
- ☐ 1 scoop of vanilla shakeology
- ☐ **1/4 cup of almond milk
- ☐ Coconut oil or cooking spray

How to:

1. Preheat oven to 350
2. Melt butter in a small bowl.
3. Combine butter (softened), both sugars and maple syrup together until well blended.
4. Add in eggs, banana and vanilla to the sugar bowl.
5. Slowly stir in applesauce, until mixture is well incorporated.
6. In another bowl combine flour, salt, baking powder, baking soda, shakeology and cinnamon.
7. Pour 1/4 of dry mixture into wet mixture. Stir quickly until both are well combined. Continue until all dry mixture has been combined with the wet. Mixture may be thick. To "thin" feel free to add a bit of almond milk but mixture should be fine regardless as is.
8. Grease a large 6 pan muffin tin with coconut oil.
9. Fill all tins equally until mixture is gone (can also use a small 12 muffin tin for minis)
10. Bake for 24 minutes or until muffin comes away clean after being poked with a toothpick.
11. Enjoy!

Macros:

32C/11F/8P

Calories: ~282 each