

Carrot-Banana Muffins

Ingredients:

- 2 cups almond flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 tablespoon ground cinnamon
- ½ cup unsweetened shredded coconut
- 3 large eggs
- 3 bananas, mashed
- ½ cup (98 tablespoons) unsalted butter, cupped and softened
- 2 tablespoons raw honey
- 1 teaspoon apple cider vinegar
- 1¼ cup pitted and chopped dates
- 2 medium carrots, shredded
- ¾ cups chopped walnuts

How to make:

1. Preheat the oven to 325 degrees fahrenheit. Lightly oil a 12-cup muffin pan or line with paper liners
2. In a large bowl, mix together the almond flour, baking soda, salt, cinnamon and coconut. In another bowl, whisk the eggs, bananas, butter, honey, and vinegar. Stir the wet ingredients into the dry ones. Fold in the dates, carrots and walnuts. Divide the batter among the muffin cups.
3. Baking for 40 minutes until golden brown or a skewer inserted into the center of a muffin comes out clean. Cool in the pan on a wire rack for 5 minutes, then turn out the muffins onto the rack and let cool to warm or room temperature.

Nutritional Information:

- Calories: 310
- Total Fat: 21g
- Carbohydrates: 28g
- Protein: 7g
- Fiber: 4.7g
- Sodium: 331mg