



Banana Nut Muffins

- 3 eggs
- 2 Tbsp. coconut oil
- ½ ripe banana, mashed
- 3 Tbsp. sucanat or brown sugar
- ¼ tsp. salt
- ½ tsp. vanilla
- ¼ cup sifted coconut flour
- ¼ tsp. baking powder
- ¼ cup walnuts or pecans, chopped

Blend together eggs, coconut oil, banana, sugar, salt, and vanilla. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fold in nuts. Pour into greased muffin cups. Bake at 400 degrees F (205 C) for 18 minutes. Makes 6 muffins. *Courtesy of Dr. Bruce Fife, N.D.*

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Life is short. Drink it in.



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