



# Banana & Almond Muffins

## Serves 6

2 ripe bananas, mashed  
¼ cup (60ml) maple syrup  
¼ cup (60ml) almond butter  
½ cup (55g) spelt flour  
1 tsp. baking powder  
¼ tsp. baking soda  
¼ cup (30g) walnuts

## What you need to do

1. Heat the oven to 355°F (180°C) and line a muffin tray with paper muffin cups.
2. Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.
3. Divide the batter between the 6 muffin cups. Top each one with the walnuts.
4. Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.
5. Remove the muffins from the oven and cool completely before serving.



DF	MP	V	N						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				10 mins	20 mins	210	10	28	5

\*Nutrition per serving