



Simple | Healthy | Delicious

## Banana Muffins

### INGREDIENTS

1  $\frac{3}{4}$  cup Nature's Earthly Choice™ Apple Flour

$\frac{1}{2}$  cup organic cane sugar

1 teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon ground nutmeg

$\frac{1}{2}$  teaspoon baking soda

1 teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

2 bananas, mashed

2 eggs

$\frac{1}{3}$  cup olive oil

2 tablespoons milk of choice

$\frac{1}{2}$  tablespoon pure vanilla extract



### DIRECTIONS:

1. Pre-heat the oven to 350 degrees Fahrenheit. In a large bowl, combine the flour, sugar, cinnamon, nutmeg, baking soda, baking powder, and salt. Mix well.
2. In a separate bowl, combine the mashed bananas, eggs, olive oil, milk, and vanilla extract. Slowly add wet ingredients to the dry ingredients and stir well.
3. If not using paper liners, grease a muffin tin. Scoop the batter into the tin and bake for 15 to 20 minutes or until a toothpick comes out clean. Sprinkle with cinnamon sugar, if desired.