

Everything Free Banana Bread Muffins

Servings: 10-12

Ingredients:

4 bananas, yellow (they do not need to be overly ripe)
4 eggs
1/2 cup almond butter
4 tablespoons grass-fed butter, melted (can substitute coconut oil)
1/2 cup coconut flour
1 teaspoon cinnamon
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoon vanilla
1 teaspoon sea salt

Directions

Preheat your oven to 350 degrees Fahrenheit.

Combine your bananas, eggs, and nut butter, and grass-fed butter in a blender, food processor, or mixing bowl and mix well (if using a mixing bowl you need a good hand-mixer).

Once all of your ingredients are blended move mixture to a mixing bowl and add in coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well.

Add natural cupcake liners to a muffin pan and pour in your batter evenly throughout the pans. You should be able to fill one standard 12 muffin sized pan.

Place in your preheated oven and bake for 30-35 minutes, the tops should be a golden brown.

Remove from oven and allow muffins to cool on a baking rack (if you don't have a baking rack you can just tilt them sideways in the pan so allow air to circulate underneath the muffins).

Feel free to serve with chopped toasted pecans or walnuts and a little bit of honey.

Sugar Free Cocoa Spice Pudding

Servings: 2-3

1 small avocado

1 ripe banana

2 tablespoons milk alternative (almond, coconut etc.)

4 tablespoons raw cacao powder or cocoa powder

2 teaspoons alcohol free vanilla extract

Pinch of sea salt

½ teaspoon cinnamon

¼ teaspoon cayenne pepper (optional but great for a little kick)

Directions

Add all ingredients to a small food processor and blend away. You may need to scrape the sides down a bit to incorporate the spices. Taste and adjust seasoning (more cinnamon, cayenne or salt). Chill and serve!