



Marion's Camino Gluten-Free High Protein Banana Coconut muffins

This is a gluten-free recipe. Use organic products if available.

Here is the recipe for 1 ¼ cups of Marion's gluten-free, high protein flour blend:
1/4 cup of flax flour, 1/4 cup of hemp flour, 1/4 cup of sunflower flour, ½ cup of coconut flour

Ingredients:

- 2 medium-sized ripe bananas
- 2 eggs
- 1 ¼ cups Marion's gluten-free, high protein flour blend (see above)
- ¼ cup of organic coconut palm sugar
- 1 ½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon nutmeg
- 1 teaspoon vanilla extract
- ¼ cup coconut oil
- ½ cup of shredded coconut
- ½ cup of water
- ¼ cup of hemp hearts
- ¼ cup of cocoa nibs

Instructions:

1. Preheat oven to 400 degrees F. Use muffin liners or lightly grease muffin pan. Makes 12 muffins.
2. Peel bananas and mash until smooth. Add eggs, vanilla extract, coconut oil, water and mix well.
3. In a large bowl add gluten-free flour blend, coconut palm sugar, baking powder, baking soda, nutmeg, shredded coconut, hemp hearts, cocoa nibs and stir the mixture until well blended.
4. Add wet mixture into dry mixture. Stir.
5. Keep stirring until everything is well blended.
6. The mixture is dough-like, you will have scoop and press into muffin cups.
7. Bake for 20-25 minutes. (In my home oven I baked for 22 minutes)
8. Let sit for 10 minutes.
9. Enjoy