



Mango Banana Muffins

Prep Time: 15-20 minutes

Yield: 2 dozen muffins (2 1/8 oz. each muffin)

Ingredients

1 ½ cups gluten free flour
½ cup almond flour
½ cup flax meal
½ cup coconut sugar
2 teaspoon baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
1 tablespoon minced ginger
4 eggs
½ cup coconut oil
2 bananas, mashed
1 cup finely chopped mango

Preparation

1. Whisk together gluten free flour, almond flour, flax meal, sugar, baking powder, baking soda, cinnamon and salt in a large mixing bowl.
2. Whisk together ginger, eggs, oil, bananas and mango. Add wet ingredients to dry ingredients and gently stir until combined.
3. Scoop batter into a muffin tin lined with muffin liners and bake at 350°F for 18-20 minutes or until lightly golden and cooked through.
4. Remove from oven and cool.

Nutrition Facts per serving: 150 calorie 5g protein 20g carbs 7g fat

Recipe provided by Chef Teresa Hansen www.chefhansen.com