

Banana-Walnut Muscle Muffins

Ingredients

3 ripe bananas
1 cup walnuts
3 eggs
1 cup ground flaxseed
3 Tbsp. coconut flour
1/2 tsp. baking soda
1/8 tsp. salt
1 tsp. cinnamon
1/4 cup honey

Heat oven to 350 degrees. Blitz all ingredients in a food processor or high-powered blender until smooth and fully mixed. Pour evenly into lined muffin tin. Bake until toothpick inserted in center comes out clean, about 25-35 minutes. Makes about 12 muffins.