

Banana Nut Seed Muffins

Prep: 15 min Cook: 20 min Total: 35 min Servings: 12

Calories: 252 Fat: 16g Protein: 5g Carbs: 23g Fiber: 4g

Ingredients

- 1/2 cup BBF Virgin Organic Coconut Oil
- 1/4 cup BBF Organic Agave
- 2 Tbsp BBF Organic Chia Seeds, soaked in 6 Tbsp. water for 20 minutes
- 1/2 tsp vanilla extract
- 1/2 cup milk of choice
- 2 bananas, mashed thoroughly
- 1/2 cup nut butter
- 1 cup BBF Oat Flour
- 2 Tbsp BBF Super Seeds Blend
- 2 tsp baking soda
- 1 tsp xanthan gum
- 1 tsp salt
- 3/4 cup rolled oats

Directions

1. Preheat the oven to 400 degreesF.
2. In a stand mixer (or using a hand mixer), combine the coconut oil, agave, chia seeds, vanilla, milk, nut butter, and mashed bananas. Mix until smooth and well incorporated.
3. In a separate medium bowl, whisk together the flour, baking soda, xanthan gum, super seeds, and salt.
4. With the mixer on low speed, gradually add the dry ingredients to the wet mixture. Mix until just combined-do not overmix.
5. Line a 12-cup muffin pan with paper liners. Evenly divide the batter among the cups, and sprinkle the tops with oats.
6. Bake for 18 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Enjoy your Banana Nut Seed Muffins!