

Banana Pumpkin Muffins

Prep: 25 min Cook: 20 min Total: 45 min Servings: 12

Calories: 255 Fat: 6g Protein: 5g Carbs: 48g Fiber: 1g

Ingredients

- Pumpkin Muffins:
- 3/4 cup pumpkin puree
- 1 cup bananas mashed
- 1 tsp cinnamon
- 2 eggs
- 1/4 cup melted coconut oil
- 1 tsp vanilla extract
- 1/2 cup coconut sugar
- 1/2 cup cane sugar
- 2 cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp kosher salt
- Streusel Topping:
- 3/4 cup flour
- 1/4 cup coconut sugar
- 1/4 cup cane sugar
- 1 tsp cinnamon
- pinch of salt
- 1/4 cup melted coconut oil

Directions

1. Preheat an oven to 375 degrees F and prep a 12 cup muffin pan with paper liners.
2. In a big mixing bowl, add the mashed bananas, pumpkin puree, melted coconut oil, both sugars, eggs, and vanilla extract. Mix until the mixture is well combined.
3. Add the flour, baking powder, baking soda, salt and cinnamon and mix until combined. Scoop the muffin batter into prepared pans if desired top with streusel topping.
4. Make the streusel topping:
5. In a medium mixing bowl, add the flour, sugar, cinnamon, and melted coconut oil. Mix with a spoon until the mixture is well combined.
6. Top the muffins with about 1 Tbsp of the streusel topping and press the streusel

topping onto the muffin batter so it sticks and does not fall off while baking.

7. Bake for 18-20 minutes or until a toothpick comes out clean. Let the muffins cool for at least 15 minutes before serving.

8. Enjoy your Banana Pumpkin Muffins!