



Carrot Banana Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

2 cups blanched almond flour
2 teaspoons baking soda
1 teaspoon celtic sea salt
1 tablespoon cinnamon
1 cup dates, pitted
3 ripe bananas
3 eggs
1 teaspoon apple cider vinegar
¼ cup coconut oil
1 ½ cups carrots, shredded
¾ cup walnuts, finely chopped

Instructions

1. In a small bowl, combine almond flour, baking soda, salt, and cinnamon
2. In a food processor, combine dates, bananas, eggs, vinegar and oil
3. Transfer mixture to a large bowl
4. Blend dry mixture into wet until thoroughly combined
5. Fold in carrots and walnuts
6. Spoon mixture into paper lined muffin tins
7. Bake at 350° for 25 minutes

<http://www.elanaspantry.com/carrot-banana-muffins/>
