

No Bake Banana Bread Bites

INGREDIENTS

1/4 cup coconut oil, melted

1/4 cup maple syrup or honey

2 ripe bananas

1/2 tsp vanilla extract

1/2 cup almond meal/flour

1/2 cup tapioca flour

1/4 cup coconut flour

1/2 tsp baking powder

1/4 tsp salt

1/2 tsp cinnamon

1/8 tsp nutmeg

1/2 cup walnuts, chopped

1/2 banana, thinly sliced for topping

METHOD

1. Pre-heat oven to 325F degrees and line a muffin tin.
2. Mix all wet ingredients (bananas, oil, syrup, vanillin a bowl and set aside.
3. Mix all dry ingredients (flours, baking powder, seasoning together in a separate bowl and set aside.
4. Whisk the dry ingredients into the wet and mix until well combined. Add chopped walnuts and mix well to form a batter.
5. Scoop/pour the batter into the tin, top with thinly sliced bananas and bake for approximately 35 minutes. This should be moist in the middle and will need to cool for at least 10 minutes prior to

serving! You can add some more cinnamon over the top for added flavor!
