



## BANANA NUT MUFFINS (GLUTEN FREE)

This is possibly the simplest banana muffin recipe you will make, and also gluten, dairy & refined sugar free as is the style of recipe contributor Casey-Lee Lyons from [Live Love Nourish](#).

The recipe has been one of Casey-Lees most popular with her followers and its super delicious as well (tried & tested). Great for lunch box or afternoon snacks.

### Ingredients:

3 large free range eggs

1/4 cup almond milk or coconut milk (from the carton)

1 1/2 cups mashed over-ripe banana (approx 395g)

2 cups almond meal

1 teaspoon gluten free baking powder

1 teaspoon vanilla powder

1/2 teaspoon cinnamon

1/2 cup walnuts, chopped (optional)

### Method:

Heat your oven to 180°C (fan forced).

In a medium bowl whisk together the eggs and milk and then add the banana.

Add the almond meal, baking powder, cinnamon and vanilla and stir well.

Fold in the walnuts.

Spoon into a greased muffin tray and bake for 20-25 minutes or until cooked through and golden on the outside.

**Inspiration:**

Substitute walnuts for any other nut of your choice.

Substitute the vanilla powder for 2 teaspoons vanilla extract or essence.

**Gluten Free | Dairy Free | Refined Sugar Free**

To see more of Casey-Lee's recipes you can visit her website [www.livelovenourish.com.au](http://www.livelovenourish.com.au) or follow her on **Facebook** or **Instagram**.