

## Gluten-Free Banana Muffins



### Ingredients

- 4 ripe bananas
- 2 cups almond flour
- ½ cup tapioca flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp sea salt
- 2 eggs
- ¼ cup honey or maple syrup
- ¼ melted butter
- 1 tsp vanilla extract
- ½ cup chopped nuts (optional)
- Extra nuts/oats for topping

### Directions

1. Preheat oven to 350 degrees.
2. In a mixing bowl, mash bananas with a fork and add all other
3. ingredients except for the nuts.
4. Blend all ingredients together and stir in the chopped nuts.
5. Oil or line muffin tin and divide the batter between 12 muffin cups.
6. Sprinkle the top of muffins with chopped nuts or oats.
7. Bake for 22-25 minutes.