



No Guilt Carrot Banana Muffins

PREP: 35 min

INGREDIENT LIST:

- 2 cups almond flour
- 2 tsp. baking soda
- 1 tsp. sea salt
- 1 Tbsp. cinnamon
- 1 cup dates, pits removed
- 3 ripe bananas
- 3 large eggs
- 1 tsp. apple cider vinegar
- ¼ cup coconut oil, melted
- 1 ½ cups carrots, shredded (about 5 carrots)
- ¾ cup walnuts, finely chopped
- 2 Tbsp. cacao nibs (optional, but why skip this?)

RECIPE INSTRUCTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, combine almond flour, baking soda, salt, and cinnamon.
3. In a food processor, combine dates, bananas, eggs, vinegar, and coconut oil.
4. Add the mixture from the food processor to the dry mixture in the large bowl and combine thoroughly.
5. Fold in carrots and nuts.
6. Spoon mixture into paper-lined or silicone muffin tins.
7. Bake at 350° for 25 minutes.

These muffins freeze well.

