

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

15-Minute Muffins

(Recipe from: *Tessa the Domestic Diva*)

Ingredients:

- 1 cup any nut butter (I use almond.)
- 2-3 very ripe bananas
- 2 eggs
- 1 tsp vanilla
- 10 drops liquid stevia, or a tablespoon or two of honey
 - I use 2 packets of stevia – taste batter for sweetness before baking... depends on sweetness of bananas
- ½ tsp baking soda
- 1 tsp apple cider vinegar
- (Add mini choc chips after batter is blended)

Directions:

- Pre-heat oven to 400 degrees
- Place all ingredients in a food processor or blender
- Blend until well mixed: batter will be sticky
- Pour batter into greased or lined muffin tins

Bake at 400 degrees for 12-15 minutes

Makes 12 muffins