

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.

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## **Banana Coconut Flour Muffins**

(Recipe from: *Tropical Traditions*)

### **Ingredients:**

- 1 cup Tropical Traditions organic coconut flour
- 6 eggs
- 2 ripe bananas (mashed)
- 2 tbsp melted butter
- 2 tbsp virgin coconut oil
- 2 tbsp milk
- 3 tbsp organic honey
- 1 tsp Aluminum free baking powder
- ½ tsp vanilla
- 1/8 tsp Himalayan salt

### **Directions:**

- Pre-heat oven to 350 degrees
- Mix coconut flour and baking powder (put it in a separate bowl).
- In a mixing bowl, beat eggs gradually, and then add milk, honey, coconut oil, butter, vanilla and salt. Continue mixing.
- Then add the coconut flour with baking powder and mashed bananas. Blend well.
- Grease 12 muffin cups with coconut oil.
- Fill greased muffin cups with the batter.

**Bake at 350 degrees for 20 minutes**

**Makes 12 muffins**