

Banana Muffins (Paleo, Nut Free)

Adapted from [Elana's recipe](#)

My two year old loves muffins. My challenge is to make muffins that contain no refined sugar, are nutritious, and that contain no nuts (day care and school-friendly). This recipe fits the criteria and the added bonus is that they are super moist and delicious. My son approved with an enthusiastic:

"This is yummy mummy!"

Sansational!



Makes 8 muffins

Ingredients:

¼ cup coconut flour

¼ teaspoon sea salt

½ teaspoon baking soda

3 eggs
¼ cup coconut oil, melted
2 medium bananas
3 dates, pitted
10 drops stevia (I used the [Sweetleaf brand](#))

Directions:

1. In a large bowl, combine coconut flour, salt and baking soda.
2. Place eggs, oil, bananas, dates and stevia in a blender (I used a [Vitamix](#)) and blend until smooth.
3. Add wet ingredients with dry and stir until smooth.
4. Scoop ¼ cup batter into a lined muffin pan or greased silicone muffin cups.
5. Bake at 350° for 20-30 minutes. Cool and serve.

Sansational Tips:

1. If nut allergies are not a concern, you can fold in 1/2 cup of chopped walnuts or pecans to the batter before baking for a crunchy variation.
2. Silicone baking cups are my preferred choice for baking as they are easy to clean. Most kitchen stores carry them.