

# Blueberry and Banana Muffins

## Ingredients

¾ cup ripe banana (mashed)  
2 eggs (room temp)  
1/3 cup coconut milk (room temp)  
1 teaspoon vanilla extract  
1/2 teaspoon almond extract  
1/2 cup coconut flour (sifted)  
1/3 cup tapioca starch  
1 teaspoon Ceylon cinnamon  
1 teaspoon cardamom (ground)  
2 teaspoons baking powder  
2 tablespoons flax meal  
⅛ teaspoon salt  
2/3 cup fresh blueberries

## Method

Preheat the oven to 375 degrees F.

Combine the wet ingredients in one bowl and mix well, you can use a hand blender for this.

Combine the dry ingredients together and mix well with a spatula.

Whisk the wet ingredients into the dry (just to get rid of the lumps) then mix with a spatula until combined.

Fold in the blueberries, fill 8 muffin cups and bake for 18-20 minutes

\*You can use frozen blueberries but depending on the quality they will most likely turn the muffins purple but still taste amazing.

