

Zucchini Banana Buckwheat Muffins

These muffins are sweetened with bananas, grain-free, nut free, and Paleo-friendly.

Ingredients:

- 125g zucchini (1 cup sliced)
- 250g banana (1 rounded cup mashed)
- 2 large eggs
- 1 tsp vanilla extract
- 150g buckwheat flour (1 cup spooned & leveled)
- 14g coconut flour (2 Tbsp)*
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt



Notes :

Enjoyed best when shared.

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Procedure:

1. Preheat oven to 350 degrees F.
2. Add all ingredients to food processor or high powered blender. Blend until batter is smooth.
3. Pour batter into lined muffin pan.
4. Bake at 350 degrees for 18-20 minutes.
5. Remove muffins from oven, cool in pan for 5 minutes, then cool on a wire cooling rack to room temperature.
6. Best stored in fridge up to one week.

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