

# Grounding Gluten-Free Bread & Muffins

## Gluten-Free Banana Bread

### Ingredients:

- 4 eggs
- 3 medium overly ripe bananas mashed
- 1/4 cup honey
- 1/4 cup coconut milk
- 1 Tbsp vanilla extract
- 2 tsp baking soda
- 2 1/4 cups almond flour
- 1/2 tsp sea salt
- 1/2 tsp cinnamon

### Directions:

Preheat oven to 350

In a bowl, mix eggs, banana, honey, coconut milk and vanilla.

In a separate bowl, combine remaining ingredients.

Combine both mixtures and stir until well incorporated.

Grease a bread pan and pour in batter. Bake for 35-50 min.

From draxe.com. Where I highly recommend getting more whole food recipes.

# Almond Butter Muffins

## Ingredients:

- 1/2 cup almond butter
- 1 medium ripe banana
- 1 large egg
- 1/4 cup honey
- 1/2 cup rolled oats
- 2 Tbsp ground flaxseed
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 cup mini chocolate chips, plus more for sprinkling

## Directions:

Preheat oven to 375 and prepare a muffin pan by spraying 9 cavities with olive or coconut oil cooking spray, or environmentally friendly cupcake liners.

Add all ingredients except for chocolate chips to a high speed blender and blend on high until the oats are broken down and the batter is smooth and creamy.

Stir in chocolate chips by hand.

Pour batter into muffin pan, filling each cavity 3/4 full.

Bake for 10-12 minutes, until the tops of muffins are set and a toothpick inserted into the middle comes out clean. Allow to cool in pan for 10 min. before removing. Store in air tight container for up to a week.