

Grain-less Banana Peanut Butter Muffins

Cream together:

1/2 tup (13 oz.) Organic Whipped Earth Balance
3/4 cup organic peanut butter (be sure to put 1 Tbsp. of Nature's Sunshine Silver to kill aflatoxin in the peanut butter)

Add and mix well:

6 small or 4 large well ripened bananas
1/4 cup Nature's Sunshine Xylitol
1 tsp. Nature's Sunshine Stevia

Add and mix well:

1 tsp. ground cinnamon	1/2 tsp. ground cloves
1/2 tsp. ground ginger	1/2 tsp. sea salt
1 tsp. organic vanilla	1 1/2 tsp. baking soda
1 tsp. xanthan gum	

Stir in:

3 organic eggs	1 cup buttermilk (or coconut milk)
1 cup hazelnut flour	1 1/2 cups almond flour
1/3 - 1/2 cup coconut flour(more with coconut milk, less with buttermilk)	

Optional:

1 cup chopped nuts
1/2 cup coconut flakes
1/2 cup cocoa nibs

Bake at 375 for 18-20 minutes in muffin tins prepared with paper cups or spectrum organic pan spray. Cool on racks and enjoy.

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