

# 3 HOMEMADE MUFFIN RECIPES

## Flourless Banana Muffins

### Recipe

- 2 medium-size ripe bananas
- 1 cup nut butter
- 2 Tbsp maple syrup
- 2 eggs
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tsp apple cider vinegar
- 1/2 tsp baking powder
- 1/2 cup walnuts (pecans, chocolate chips)

### Directions

Preheat oven to 350 degrees F. Mash bananas and combine them with beaten eggs and the rest of the ingredients. The batter should be runny. If you're using chocolate, fill up your muffin tray halfway and place a chocolate chunk in the center for a yummy surprise. Then, fill them up the rest of the way. Sprinkle desired toppings on top—Bake in the oven at 350 degrees for 13-15 minutes.



## Savory Veggie Muffins

Vegan Friendly

### Recipe

- 1 flax egg (1 Tbsp flax meal + 1 Tbsp water)
- 1/3 cup chopped bell peppers
- 1/3 cup onion
- 1/3 cup corn
- 1/3 cup chopped spinach
- 1 Tbsp cilantro (parsley, dill, chives)
- 1 tsp jalapeño (optional)
- 1/3 cup non-dairy cheese
- 1 cup all-purpose flour
- 1/2 cup non-dairy milk
- 1 Tbsp avocado oil (olive oil)
- 1 tsp baking soda
- 1/2 tsp garlic, cumin powder, & salt

### Directions

Mix flax egg with veggies, add flour and milk. Combine all ingredients. Bake at 350 degrees for 13 minutes



## Classic Blueberry Muffins

### Recipe

- 1 ½ cups all-purpose flour
- ¾ cups granulated sugar (plus 1 Tbsp to sprinkle on top)
- 1/4 tsp salt | 2 tsp baking powder
- 1/3 cup avocado oil (or vegetable oil)
- 1 large egg
- 1/3-1/2 cup milk (dairy or non-dairy)
- 1 ½ tsp vanilla extract
- 6 to 8 oz fresh or frozen blueberries (about 1 cup)

### Directions

Preheat oven to 400 degrees F. Whisk the flour, sugar, baking powder, and salt in a large bowl. Add in the rest of the ingredients. Fold in the blueberries (do not over mix). Divide the batter between muffin cups evenly. Sprinkle a little sugar on top of each—Bake muffins 15 to 20 minutes.

