

# Banana Blueberry AIP Paleo Muffins



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Photo Breas Bites

## INGREDIENTS

- 1/3 c coconut flour
- 1/4 c arrowroot flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 3 bananas, mashed (Make sure they are yellow but slightly green; very ripe bananas do not work well)
- 1/3 c coconut oil melted
- 1/4 c applesauce (unsweetened)
- 1 tsp vanilla extract
- 1/4 c water, plus 1 tbsp unflavored gelatin (a.k.a. gelatin “egg”)
- 4 T fresh blueberries
- 2 T of maple syrup-adjust to your sweetness level

## INSTRUCTIONS

1. Line muffin tin with paper liners. Preheat the oven to 350 degrees. Mix the coconut flour, arrowroot flour, sea salt, cinnamon, and baking soda together in a small bowl. Set aside.
2. In another bowl using an electric mixer, combine the mashed bananas, melted oil, applesauce, and vanilla. Mix well. If mixture seems to thin, add a tablespoon more of coconut flour
3. In a small saucepan, add the 1/4 c water and sprinkle the gelatin over the water. Allow this to sit for about two minutes. While the gelatin is “blooming,” add the dry ingredients to the banana mixture and beat until combined.
4. Turning your attention back to the saucepan, turn the heat to medium-low to melt the gelatin. This takes about one minute. Then whisk until very frothy. Work quickly. Add this to the batter, and stir. \*Gently fold the blueberries into the mix
5. Drop the batter into your prepared muffin tin. Bake at 350 degrees for 20-25 minutes until lightly golden on top.
6. This recipe makes 10-12 muffins. They are delicious served hot from the oven – no need to cool down as they hold together so well