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**Healthy Banana Muffins**

**Serving: 12 muffins**

**Prep Time: 15**

**Cooking Time: 20 minutes**

**Ingredients:**

* 3 large ripe bananas
* 3/4 cup Monk Fruit or Granulated Sugar
* 1 large egg or replace for vegan
* 1/3 cup melted coconut oil
* 1 1/2 cups Whole Wheat all-purpose flour
* 1 teaspoon baking powder
* 1 teaspoon baking soda
* 1/2 teaspoon salt
* 1/2 teaspoon cinnamon
* 1 1/2 cups chopped walnuts or pecans
* 2 tablespoons coconut sugar
* 1 tablespoon melted butter

**Instructions:**

1. Preheat your oven to 350 degrees Fahrenheit and prepare a 12-cup muffin tin with paper liners or use non-stick spray instead.
2. In a large bowl mash bananas and fold into sugar and egg using a wooden spoon until well blended.
3. Add the coconut oil and mix well.
4. Add the flour, baking powder, baking soda, salt, cinnamon and ¾ cup of chopped walnuts.
5. Mix everything together just until all the ingredients are incorporated and the walnuts are distributed evenly throughout the batter.
6. In a small bowl, combine the remaining 3/4 cup walnuts, coconut sugar and melted butter and mix until the walnuts are coated.
7. Spoon the muffin batter evenly into the 12 muffin cups and spoon a bit of the coated walnuts onto the top of each muffin, making sure the topping is well distributed onto the top of each muffin. Make sure not in one big clump or it might sink into the muffin as it bakes.
8. Bake for about 20 minutes, or until the muffins are golden brown on top and a toothpick inserted into the center of one of the muffins comes out clean.
9. Let the muffins cool inside muffin tray for a few minutes before removing them to a wire rack to cool completely.