



Grain-Free Banana Crumb Muffins

Grain-Free, Gluten-Free, Dairy-Free, Nut-Free, Paleo

adapted from Zenbelly's Banana Bread recipe

Muffin Ingredients

- 3 bananas (about 1 ½ cups when mashed)
- 3 large eggs
- ½ cup avocado oil
- ¾ cup brown sugar or coconut sugar
- 1 teaspoon vanilla extract
- 150 grams [Otto's Naturals - Cassava Flour](#) (1 cup, un-sifted before measuring)
- ½ teaspoon baking soda
- 1 ½ teaspoons [Otto's Naturals Grain-Free Baking Powder](#)
- ½ teaspoon finely ground sea salt
- 1 ½ teaspoons cinnamon

Topping Ingredients

- ½ cup packed brown sugar or coconut sugar
- ¼ cup [Otto's Naturals - Cassava Flour](#)
- ½ teaspoon ground cinnamon
- 2 tablespoons unsalted butter, cold

Instructions

1. Preheat the oven to 350°F. Line a standard muffin pan with 12 liners.
2. In a large bowl, mash the bananas with a fork – the consistency can range from completely smooth to chunky, depending on your preference.
3. Whisk in the eggs, avocado oil, coconut sugar and vanilla extract
4. In a small bowl, whisk together cassava flour, baking soda, baking powder, salt, and cinnamon.
5. Stir the dry ingredients into the wet ingredients until just combined. Divide the batter among the muffin liners.
6. Combine the topping ingredients in a food processor. Pulse until a coarse crumble forms. Sprinkle the crumble over each of the muffins.
7. Bake for 25-30 minutes, or until dark golden brown and baked through. Allow to cool for 10 minutes before transferring the muffins to a cooling rack.