

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.