Coconut Crumble Banana Muffins

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Muffin Dough
1 cup sugar
1/3 cup butter (melted & cooled to lukewarm)
2 eggs
1 1/2 cups mashed ripe bananas
1/3 cup water
1/4 cup shredded zucchini (totally optional - I just had some extra zucchini that needed to be used up)
1/3 cup coconut flour
1/4 cup flax seed meal
1 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
Begin by preparing the ingredients as listed above (peeling & mashing bananas, shredding zucchini & melting butter). In a large mixing bowl combine the cooled melted butter & sugar and stir until combined. Now add the 2 eggs and lightly whisk just until fully mixed in. In a separate bowl - combine the mashed bananas with the water - stir until mixed. Add the water/banana mixture, along with the zucchini into the egg/sugar/butter mixture - stir until combined. Finally, add all remaining ingredients (flours, flax, baking soda, baking powder and salt) and stir until fully mixed into the batter (see left bowl in the picture above).

Coconut Crumble
1/2 cup coconut flakes (unsweetened & untoasted/unroasted)
1/3 cup butter
1/2 cup flour
1/3 cup brown sugar
1/4 teaspoon salt
In a medium bowl - combine the sugar, flour and salt and stir. Cut the butter into this flour/sugar mixture with a pastry cutter until it is crumbly. Finally stir in the coconut flakes and set aside (see right bowl in the picture above).

Spray or butter a 12 count muffin tin. Drop even amounts of dough into each muffin space and continue until all dough is used (see picture on the left above). Now sprinkle the coconut crumble on top of the unbaked muffin dough in each muffin tin space (see picture above on the right)
Bake in a preheated 375 degree oven for 18 to 20 minutes (or until a toothpick inserted comes out clean). Allow to cool for about 5 minutes before removing from the tin.

You might need to gently insert a knife and move it around the muffin to ensure that each muffin comes out of the tin cleanly and perfectly. Cool on a wire rack.

Serve & ENJOY!

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