



**RECIPE NAME:** Paleo Pumpkin Banana Muffins

**FROM THE KITCHEN OF:** Michelle Rowley Vechinsky '94

## INGREDIENTS:

### DRY INGREDIENTS

2 1/4 c. almond flour  
1/4 c. coconut flour  
1/2 t. sea salt  
2 t. pumpkin pie spice  
1 t. cinnamon  
1 t. baking soda

### WET INGREDIENTS

1 c. pumpkin  
3/4 - 1 c. mashed bananas  
(about 2 overripe bananas)  
1/2 c. maple syrup or  
sweetener of your choice  
(monk fruit or swerve)  
1/3 c. applesauce  
2 large eggs, slightly beaten  
1 t. vanilla  
Blend these wet ingredients  
well.

### TOPPING

2 T. sweetener (powdered  
swerve works well)  
1/2 t. cinnamon  
1/2 t. pumpkin pie spice

## INSTRUCTIONS:

In a large bowl, mix dry ingredients and set aside. In a separate bowl, blend wet ingredients together. Slowly add dry ingredients to wet ingredients and mix well. Spray or line 12 large muffin cups and fill 2/3 full. Mixture will be moist. Sprinkle topping mixture over each muffin before baking. Bake at 350 degrees for 25-35 minutes.

**Additional Notes:** Paleo diet friendly. Baking with almond flour takes some practice so muffins will look darker after baked. Poke with toothpick after 25 minutes to check.

