

## Nut Butter Muffins

Source: Dr. Libby's Real Food Chef

### Ingredients:

1 cup organic (optional) nut butter  
peanut, almond, cashew

2 small bananas -  
peeled and smashed

2 large eggs, well beaten

1/2 teaspoon baking powder

1 teaspoon apple cider vinegar

1 cup blueberries - fresh or frozen



### Tools:

Mixing bowl, Mixer or Blender or Food Processor, Mixing Utensils, Spoon Muffin Tins

### Directions:

1. Preheat oven to 350 degrees.
2. Place the nut butter in a bowl.
3. Add the bananas and beaten eggs to the nut butter and mix until they are combined.
4. Add the baking powder and apple cider vinegar to the dough and process until well mixed.
5. Remove the dough from the processor or bowl and gently fold in the blueberries. If you mix with the blender the berries will burst and the dough will turn a bad color.
6. Spoon the batter into 12 muffin cups and bake in preheated oven for 10-15 minutes. Muffins will be done when a toothpick inserted comes out clean.

### Dr. Libby's Nutritional Information:

Gluten and dairy free muffins are yummo! These luscious muffins not only burst with a nutty flavor, the blueberries add antioxidants, vitamin E and potassium. Try these when you feel like the texture of baked goods, while know you are investing in your health.

### Joyce's Comments:

Prep and cooking time can be done in thirty minutes. These are packed with protein and fruit. These are great for breakfast or afternoon snack and are very portable. Great for a snack before a game or practice.

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