

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Banana Blueberry Muffins

From *The Gluten-Free Almond Flour Cookbook* by Elana Amsterdam

Fruit alone sweetens these yummy muffins. They were a hit with the grown-ups and kids alike. You can find Bob's Red Mill finely ground almond flour in health food stores, and possibly in the natural food aisles of your regular grocery store. You can also order almond flour online at www.honeyvillegrain.com, www.lucyskitchen.com, or www.nutsonline.com.

Makes 12 muffins

3 cups blanched almond flour
¼ teaspoon sea salt
1 ½ teaspoons baking soda
2 tablespoons grapeseed oil
3 large eggs
2 cups (4 to 5) mashed very ripe bananas
1 cup frozen blueberries

Preheat the oven to 350 degrees. Line 12 muffin cups with paper liners. In a large bowl, combine the almond flour, salt, and baking soda. In a medium bowl, whisk together the grapeseed oil and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Stir the bananas into the batter, then fold in the blueberries. Spoon the batter into the prepared muffin cups.

Bake for 35 to 40 minutes (you might want to check it at 30 minutes, just to make sure they don't burn), until the muffin tops are golden brown and toothpick inserted into the center of a muffin comes out clean. Let the muffins cool in the pan for 30 minutes, then serve.