PEANUT BUTTER AND JELLY MUFFINS

Ingredients:

- 3 very ripe bananas, mashed
- 3/4 cup organic natural peanut butter, (or your favorite nut butter)
- 1/4 cup pure maple syrup
- 1/2 tsp fine sea salt
- 1/2 tsp baking soda
- 3/4 cup sprouted buckwheat flour
- 1T raw apple cider vinegar
- 1 cup fresh raspberries



Directions:

1. Preheat oven to 350 degrees and line a standard muffin tin with 12 baking cups. In a large mixing bowl, use a fork to mash the ripe bananas until they have a puree-like consistency (may have a few lumps). Add in peanut butter, buckwheat flour, maple syrup, salt, and baking soda and mix well until a sticky batter is created. Stir in the vinegar. Fold in raspberries and divide batter between the 12 muffin cups.
2. Bake until the centers are firm, and the tops begin to crack, about 20 minutes. Cool completely in the pan before serving and store the muffins in a sealed container in fridge for up to a week. Makes 12 muffins.

NUTRITION PER SERVING:

Calories: 180kcal | Carbohydrates: 21g | Protein: 5g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Sodium: 200mg | Fiber: 3g | Sugar: 9g

Reference: https://detoxinista.com

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