

Pumpkin Pie Banana Nut Muffins

yield: 18 MUFFINS

Ingredients:

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- 1 cup overripe banana, mashed (1-2 bananas worth)
- 15 ounces pure canned pumpkin (1 and 1/2 cups)
- 3 eggs, room temperature
- 1/3 cup pure maple syrup
- 1/4 cup coconut oil, melted
- 2 teaspoons lemon juice (may substitute apple cider vinegar)
- 1 teaspoon vanilla extract
- 2 cups almond flour
- 1 tablespoon coconut flour
- 2 tablespoons pumpkin pie spice (see below for recipe)
- 1/2 teaspoon baking soda
- 1/2 cup pecans, chopped



Homemade Pumpkin Pie Spice (makes 2 tablespoons)

- 2 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground ginger
- 1 teaspoon allspice
- 1 teaspoon ground cloves

Directions:

1. Using a hand or stand mixer, cream the mashed bananas, pumpkin, and eggs together until smooth.
2. Add the maple syrup, coconut oil, lemon juice, and vanilla extract. Mix until smooth.

3. In a separate bowl, whisk together the almond flour, coconut flour, pumpkin pie spice, and baking soda until it's even and you've broken all the clumps.
4. Adding about 1/2 cup at a time, sprinkle the dry ingredients into the wet and stir or mix until smooth. Continue for the entire batch.
5. Line a muffin tin with either paper liners or rub liberally with butter. Spoon the batter evenly into 18 liners, filling about 3/4 full. Sprinkle each muffin with about 1 teaspoon of chopped pecans.
6. Bake at 350 F for 22 to 25 minutes, or until a toothpick comes out clean.

*This delicious recipe brought to you by **Fed & Fit***
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