

## Banana and Coconut Muffins

Makes 12

1 cup desiccated coconut

1 cup almond meal

2 teaspoons baking powder

pinch of salt

1 teaspoon cinnamon

4 eggs

1/4 cup coconut oil, melted

3 ripe bananas, mashed

1/4 cup blue berries

1/4 cup sunflower seeds



Preheat the oven to 180°C and line a muffin tin with baking paper or muffin cases.

Combine the coconut, almond meal, baking powder, salt and cinnamon in a large bowl. Beat the eggs and then add to the mixture with the coconut oil and mashed banana, combining well. Fold through the blueberries and sunflower seeds.

Divide between muffin holes and top with extra sunflower seeds if you like. Bake for 30minutes or until a skewer inserted comes out clean.