



DAILY NOURISH
PLANT-BASED WELLNESS

Lemon Banana Muffin

Dry Ingredients

Almond Flour	2 cup
Oat Flour	1 cup
Flax Seed	2 tbsp
Medjool Date	4 large pitted
Baking Powder	2 tsp
Sea Salt	½ tsp

Wet Ingredients

Banana (ripe bananas are better)	3 large or 4 medium
Almond Milk	½ cup
Water	½ cup
Coconut, Olive, or Avocado Oil	¼ cup
Vanilla Extract	1 tbsp
Lemon (Meyer lemon variety is what we used)	½ medium lemon peeled with seeds removed

Additional Toppings to Fold into Batter

Lemon Zest	2 tbsp - we used Meyer lemon zest
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Serving size: This recipe will roughly prepare roughly 12 muffins

Prep time: 10-15 minutes to assemble muffin batter

Cook time: 25-30 minutes baking time, 10-15 minutes cooldown

Instructions

- Preheat the oven to 350 F.
- Place wet ingredients in a blender or food processor, excluding the lemon zest.
- Blend for 20-30 seconds, ensuring everything is mixed together.
- In a large mixing bowl place all dry ingredients, plus the lemon zest, and combine with a large mixing spoon.
- Add the wet ingredients to the dry ingredients.
- Mix together and let sit for 3-5 minutes.
- Line a muffin tin and spread the mixture evenly into 12 muffin trays.
- Bake for 25-30 minutes.
- Enjoy!

PRO TIP:

Homemade oat flour is extremely easy to make! All you need to do is follow the steps below to make your own oat flour versus buying extra ingredients at the store.

- We use a spice grinder but you can use a food processor as well.
- Place ½ cup - 1 cup of rolled oats in your spice grinder or food processor.
- Pulse a couple times and then let it run for 10-15 seconds, pulsing when needed.
- Ensure all larger flakes have been blended into a fine powder.
- Pour into an airtight container and store in the fridge for several months.

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