

Carrot Banana Muffins

Yield: 18 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-walnut-pancake-indian-recipe>

Ingredients:

- 2 cups blanched almond flour
- 2 teaspoons baking soda
- 1 teaspoon sea salt celtic
- 1 tablespoon cinnamon
- 1 cup dates pitted
- 3 bananas ripe
- 3 eggs
- 1 teaspoon apple cider vinegar
- 1/4 cup coconut oil melted
- 1 1/2 cups carrots shredded
- 3/4 cup walnuts finely chopped

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 35 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 290 milligrams
9. Sugar: 11 grams

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