

MONKEY MUFF

GREAT FOR TREATS OR AS A MEAL TOPPER

prep time

2 min

cook time

20 min, plus
an extra 5
min to cool

serves

24 muffins

Use 3/4oz liners

Things you need

1 CUP plain unsweetened
apple sauce (without addi-
tives)

2 beaten eggs

2.5 CUPS organic whole
wheat flour

2 ripe bananas

1 CUP grated carrots

1/4 cup vegetable oil

Here is how

Beat the bananas, eggs,
oil.

Lightly add in flour and
carrots. It should be tacky
if not add a splash of
water or broth.

Using muffin paper or tins
makes for ease in prep
and clean up. Easy to
refrigerate/freeze,
transport & delve out in
single servings.

Bake 350 till golden.

