



Low Carb Banana Muffins

We started making these Banana Muffins before we “went Keto”. Boss Babe loved the idea of a snack with no added sugar and the kids love them. The ability to have a snack that tastes sweet, but has NO added sweeteners or sugars is unusual! They’re perfect for your low carb and carnivore family. Bananas on their own wouldn’t be considered Keto, but these muffins just might fit into your lifestyle! Check out the macros below.

Recipe:

2-3 Bananas
1 T Butter or Coconut Oil
1 Egg
½ teaspoon Baking Soda
1 ¼ C Almond Flour
Pinch of Salt

Mash Bananas, mix in butter and eggs, add Almond Flour, Salt and Baking Soda.

Bake at 350 for 20-25 minutes.



The Keto Dad Tips and Tricks:

- Parchment Paper muffin liners are the BEST!
- We love to top with a few chocolate chips if they’ll be used for a snack.
- Walnut or pecans are great mix-ins!
- Our kids prefer all the bananas blended. If you like banana pieces, gently mash instead!
- This is a thicker recipe - if you want loafs, do the mini loaves and keep them thin. Sometimes I’ll toast the loaf when I’m ready to dice it up for the kids!

Serving size: 1 Muffin, makes 12

Calories: 107, Fat: 8g, Carbs: 7g, Fiber: 2g, (Net Carbs 5) Protein: 3g

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