**Banana Nut Crumble Muffins**

**12 servings**

**10 minute prep time**

**20 minutes cook time**

 • 3-4 bananas

 • 1.5 cups quinoa flour

 • 1/2 cup gluten-free oats

 • 1/4 cup maple syrup

 • 1/4 cup coconut oil, melted

 • 1/4 cup walnuts, chopped

 • 5 T water

 • 2 T flax meal

 • 2 tsp baking soda

 • 1 tsp vanilla extract

 • 1/2 tsp Himalayan salt

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crumble:

 • 5 T quinoa flour

 • 2 T coconut oil, melted

 • 1 T maple syrup

 • Preheat oven to 375 degree F. Prepare muffin tin by oiling w/ coconut oil or use a silicone muffin holder (less mess, and no oil necessary).

 • Prepare the flax eggs by combining the flax meal and water. Let sit for 5 minutes.

 • Add everything besides the crumble ingredients into a mixing bowl. Mix until the ingredients are evenly distributed.

 • Once flax eggs and oil are ready, add both to bowl and mash bananas (keep some texture to keep the muffins moist).

 • Pour doughy mixture into muffin tin

 • Prepare the crumble by adding the remaining ingredients to a small bowl. Adjust as necessary until desired texture is created. Using a spoon, apply crumble to muffin tops.

 • Bake the muffins for 15-20 minutes. Let cool before storing.