**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.