

## Almond Muffins

These work best if you use the baking cups in your muffin tin.

3 Tbs Butter, melted

2 eggs

1/2 C honey

2 extra-ripe bananas, mashed

3/4 tsp soda

1/4 tsp salt

1 C walnuts

1/2 raisins

3 C almond flour or almond meal, you can grind almonds fine in the food processor or blender.

Mix all ingredients together and divide evenly in muffin tins, Yield: 12 muffins

Bake at 310 degrees for 45-50 minutes.