

## Banana Bread Muffins with Creamy Cashew Milk Recipe

### Ingredients

#### For the Cashew Milk:

- 1 cup cashews, soaked 2 hours
- 3 cups water
- 1 teaspoon pure maple syrup
- 1 teaspoon vanilla bean powder (or vanilla extract)
- Pinch of sea salt



#### For The Banana Bread Muffins

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- 1 1/3 cups mashed very ripe banana (about 4 medium or 3 large)
- 2 tablespoons chia seed
- 1/2 cup cashew milk (or any other nut-milk)
- 1/2 cup coconut oil, melted
- 2 tablespoons pure maple syrup
- 1/4 cup coconut sugar
- 1/2 cup rolled oats
- 2 teaspoons vanilla bean powder (or vanilla extract)
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 1 1/2 cups spelt flour

### Instructions

#### For the Cashew Milk:

1. Blend all ingredients in a high-power blender for 20-30 seconds until the nuts are broken down and smooth
2. Strain the mixture through a nut milk bag (a fine mesh bag). A smooth and creamy nut milk results!
3. Chill, if desired, and stir to serve. Keeps for 3-5 days, refrigerated

## For the Banana Bread Muffins:

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1. Preheat the oven to 350°F. Line a muffin tin with parchment paper liners
2. In a large bowl, mash the banana until almost smooth, and make sure you have 1½ cups
3. Stir the wet ingredients (chia seed, cashew milk, melted coconut oil and maple syrup) into the banana until combined
4. Stir the dry ingredients (coconut sugar, oats, vanilla bean powder, baking soda, baking powder, salt and spelt flour) into the wet mixture, one by one, in the order listed. I like to gently fold in the spelt flour last because too much mixing could lead to a crumbly texture
5. Spoon the dough into the muffin tin
6. Bake the muffins, uncovered, for 23-25 minutes, until lightly golden and firm on top. The top of the muffins should slowly spring back when touched
7. Place the muffin pan on a cooling rack for 30 minutes
8. The muffins will keep in the fridge tightly wrapped for 3 to 4 days, or they can be frozen for 4 to 6 weeks