



Breakfast with Jon

BANANA CHIA MUFFINS



Serving size: 6-8 muffins

INGREDIENTS:

1 cup of chia bran
3 eggs
1-2 tbs coconut palm sugar
2 sliced bananas
a dash of cinnamon
a tsp of vanilla
1 tbs butter/ ghee for the pan

COOKING INSTRUCTIONS

1. Measure out the chia bran, egg, coconut palm sugar, and vanilla. Put into a large mixing bowl.
2. Cut up bananas and place into the mixing bowl, along with a dash of cinnamon.
3. Preheat the oven to 150 c.
4. Place the batter into either a cupcake or muffin pan to bake. Remember to wet the pan with butter or ghee so the mixture doesn't stick.
5. Pour muffin mix into the pan and bake at 150 c for ten minutes.