

RECIPE

Banana Coconut Muffins



Ready in **35 minutes**

Serves **12 people**

Ingredients

- $\frac{3}{4}$ cup [whole wheat pastry flour](#) or white/regular whole wheat flour
- $\frac{1}{2}$ cup white whole wheat flour or regular whole wheat flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon fine sea salt
- $\frac{1}{2}$ teaspoon lemon zest (the zest from about about $\frac{1}{2}$ medium lemon)
- 1 cup mashed ripe banana (from about 3 bananas)
- $\frac{1}{2}$ cup virgin coconut oil, melted
- $\frac{1}{4}$ cup honey
- 1 large egg, preferably at room temperature
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup unsweetened shredded coconut, divided
- 1 tablespoon turbinado (raw) sugar

Preparation

1. Preheat oven to 375 degrees Fahrenheit. If necessary, grease all 12 cups of your muffin tin with butter or muffin liners ([my pan is non-stick](#) and didn't require any grease).
2. In a medium bowl, whisk together the flours, baking powder, salt and lemon zest. Stir in $\frac{1}{2}$ cup of the shredded coconut.
3. In a separate, medium bowl, whisk together the mashed banana, coconut oil, honey, egg and vanilla.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Divide the batter evenly between the muffin cups (a scant $\frac{1}{4}$ cup batter each), then sprinkle the muffin tops with the remaining $\frac{1}{4}$

cup shredded coconut. Sprinkle the tops with the raw sugar.

5. Bake for about 17 to 20 minutes, until a toothpick inserted into the center comes out clean. Transfer muffins to a cooling rack and let them cool.