

# Banana Boost Muffins



Just 3 Ingredients & fun to make!

Makes 8 muffins



4 ripe bananas

1/2 Cup almond butter, peanut butter, or sunflower butter

1/2 Cup fresh blueberries (or thawed frozen blueberries)

## Step 1:



Mash 4 bananas  
in a bowl.  
Use a fork  
or your hands.



## Step 2:



Stir in  
1/2 Cup  
peanut butter,  
almond butter,  
or sunflower  
butter.



## Step 3:



Stir in  
1/2 Cup  
washed  
blueberries.



## Step 4:

Line muffin tin with liners. Scoop 1/2 full. Bake  
in preheated oven at 350 F for 15 minutes. YUM!

