



Banana Nut Muffins

Our sugar-free, keto friendly banana (walnut) nut muffins are the perfect treat for your busy day!

Ingredients:

- ½ C Nush Pancake Mix
- 1 Box Simply Delish Banana Pudding Mix
- 1 Egg
- 1 T Coconut Oil
- ½ C Unsweetened Almond Milk
- ¼ C Chopped Walnuts

Directions:

- Add all ingredients except walnut to bowl and mix well
- Fold in the walnuts
- Spray muffin pan with non-stick spray
- Fill each cup $\frac{2}{3}$ with mixture
- Bake at 350° for 13 minutes

“Optimism is the faith that leads to achievement.”

