

Tangy Banana Muffins

- ¾ cup honey
- ½ cup safflower oil
- 1 Tbs. grated orange peel
- 1 tsp. vanilla
- 2 large mashed bananas
- ¼ cup freshly squeezed orange juice
- 2 eggs
- 2 cups brown rice flour
- 1 tsp. baking soda
- ½ tsp. sea salt
- ¾ cup unsweetened shredded coconut
- ¾ cup chopped walnuts

Preheat oven to 350 degrees F. Line a muffin tin with unbleached paper cups. In a Small bowl combine the honey, oil, peel, vanilla, bananas, juice and eggs. In a large bowl combine the flour, baking soda, salt. Add the egg mixture to the flour mixture and stir together. Add the coconut and walnuts. Pour evenly into 12 muffin cups. Bake for 15-20 minutes or until toothpick comes out clean. Cool slightly in the pan then remove onto a wire rack. Freezes well.