



## Blueberry Banana Pecan Muffins

- 3 ripe bananas
- 1 egg, beaten
- 1/2 c. honey or 1 c. xylitol
- 1 1/2 c. spelt flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 3/4 tsp. salt
- 1/3 c. olive oil
- 1/2 c. chopped pecans
- 1 c. blueberries (fresh or frozen)

Mash bananas in a large bowl. Add egg and honey (or xylitol) and stir until combined completely.

In a separate bowl, combine spelt flour, baking soda, baking powder, and salt. Add to banana mixture, alternating with olive oil. Add pecans and blueberries.

Grease muffin pan and bake at 375° for 20-25 minutes, or until golden brown. Makes about 15 muffins.

