



Marci's Banana Walnut Muffins

Ingredients:

6 cage free eggs

2 organic bananas

2 c. shelled walnut halves or pieces

1/3 c. organic honey

1 tsp. baking soda

¼ tsp. sea salt

Directions:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Line a muffin pan with paper muffin liners.
3. In a blender, crack the six eggs. Then add the other ingredients in the order listed above. Place the lid on the blender, and blend until smooth.
4. Pour into the 12 paper-lined muffin cups, dividing the batter evenly between all 12 cups. The muffin cups will appear very full. Do not worry, if you used a standard sized muffin pan and followed the recipe, they should not boil over in your oven.*
5. Bake at 350 degrees Fahrenheit for 30 minutes. Then cool on the counter and store in a loosely covered dish in the refrigerator. They also do well when stored frozen.

TIP: You can change these up by dropping a few blueberries, blackberries, or raspberries (fresh or frozen) into each muffin cup after you pour in the batter. They are also tasty with the addition of ½ tsp of cinnamon and ½ tsp. vanilla.



* The combination of wheat and baking powder creates a volume increase, which causes traditional muffins to rise and can cause them to spill over out of the muffin cups. However, baking soda in this recipe will cause the muffins to spread. You will get a flatter and wider appearing muffin.

Honey Marshmallows

Makes enough marshmallow to frost about 4 dozen muffins

Ingredients:

2 envelopes unflavored gelatin (you can buy Kosher gelatin at specialty stores if you are following a kosher diet)
½ c. filtered water
1 ¼ c. organic honey
1/3 c. filtered water
1 egg white

Directions:

1. Measure ½ c. filtered water into a small bowl, and pour the two envelopes of unflavored gelatin on top. Set aside for 5 to 10 minutes for the water to absorb the gelatin.
2. Meanwhile, combine 1/3 c. filtered water and 1 ¼ c. honey in a medium or large saucepan over medium heat. Place a candy thermometer into the pan to monitor the temperature. Stir constantly until the temperature reaches the “soft ball” stage on the candy thermometer. It is important you use a medium to large saucepan, as the honey and water will generate a lot of foam as they warm.
3. Once the honey syrup reaches the “soft ball” stage, remove the pan from the heat and stir in the absorbed gelatin you made before. Then set aside for 10 minutes to cool.
4. In the meantime, place the egg white in a mixing bowl and whip until stiff peaks form.
5. Slowly add the cooled syrup mixture to the egg white, with the mixer on high. Continue to beat after all the syrup has been added until the marshmallow stands in soft peaks.
6. Frost your muffins while the marshmallow is still soft and spreadable.
7. Pour any unused marshmallow into a pan lined with parchment paper that has been lightly dusted with coconut or nut flour. This can be cut and eaten as a healthier alternative to a marshmallow, or stored in the refrigerator and rewarmed for a few seconds to soften so you can frost more muffins another day. Tip: don’t rewarm for more than 5 seconds at a time, as overheating will liquefy the honey.