

THE 4 WEEK
GUT PROTOCOL™ SET SNACKS RECIPE

BANANA PEAR MUFFINS

Serves: 12 (1 muffin each)



Total Time: 35 min.

Prep Time: 12 min.

Cooking Time: 23 min.

1	large banana	1½ tsp.	pure vanilla extract
1	medium pear, peeled, cored, roughly chopped	2 cups / 270 g	gluten-free all-purpose flour (preferably Bob's Red Mill All-Purpose Baking Flour, red label)
½ cup / 160 g	pure maple syrup		baking powder, gluten-free
½ cup / 120 ml	unsweetened coconut milk beverage	1 Tbsp.	sea salt (or Himalayan salt)
¼ cup / 55 g	coconut oil, melted	½ tsp.	

SPECIAL EQUIPMENT: Muffin pan • Muffin/cupcake liners • Nonstick cooking spray

1. Preheat oven to 350° F (180 °C). Line a muffin pan with muffin liners; lightly coat with spray.
2. Add banana, pear, maple syrup, coconut milk, oil, and extract to a blender; cover. Blend until smooth.
3. Add flour, baking powder, and salt; cover. Blend until smooth. Divide batter evenly among prepared muffin cups.
4. Bake for 20 to 23 minutes, or until a toothpick inserted into center of a muffin comes out clean. When cool enough to handle, transfer to a cooling rack to cool completely. Refrigerate in an airtight container for up to 4 days or freeze for up to 2 weeks.

Nutritional Information (per serving):

Calories:	174	Cholesterol:	0 mg	Fiber:	3 g
Total Fat:	5 g	Sodium:	74 mg	Total Sugars:	10 g
Saturated Fat:	4 g	Carbohydrates:	30 g	Added Sugars:	8 g
				Protein:	2 g

PORTION FIX Container Equivalents (per serving)

(REG) ½ 1 1

(VEGAN) ½ 1 1

THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

½ 1 1

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.