



Everything Herbal

by Cheryl Jabz

Natural • Simple • Wholesome

Made
with herbs
from nature.

Fenugreek Banana Muffins



BENEFITS: Naturally sweet. Good source of fiber.
Great breakfast or snack.

INGREDIENTS

- 2 ripe bananas, mashed
- 1½ cups flour
- 1 tsp baking powder
- ¼ tsp ground fenugreek
- ½ tsp cinnamon
- 1 egg
- ¼ cup honey



INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C).
- 2 Mix wet ingredients in one bowl.
- 3 Combine dry ingredients in another.
- 4 Mix together until just combined.
Fill muffin cups and bake 18–20 minutes.

♥ WHY YOU'LL LOVE IT ♥

Fenugreek adds a gentle, warm flavor and supports overall wellness. Banana muffins make a comforting, nourishing breakfast or snack the whole family will love.

SCAN ME



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