

## Grain-Free Bran Muffins

**Recipe Includes:** PROBIOGEN Daily Digestive Balance

MAKES 8-9 MUFFINS

### INGREDIENTS:

1/2 cup almond flour

1/2 cup flaxseed

1 tsp. baking soda

1/2 teaspoon sea salt

6 dates (remove pits)

3 large eggs

2 tablespoons avocado oil

1/4 cup water

1/4 cup pumpkin seeds

1/4 cup chopped walnuts

1/2 cup goji berries

4 capsules of PROBIOGEN Daily Digestive Balance

### DIRECTIONS:

1. In a large bowl combine almond flour, flax meal, baking soda, salt, and probiotic powder.

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### DIRECTIONS CON'T:

2. In a blender, blend dates, eggs, avocado oil and water on high speed until very smooth.
3. Mix wet ingredients into dry, then stir in pumpkin seeds, walnuts and goji berries.
4. Spoon batter into lined muffin pan.
5. Bake at 350° for 20-25 minutes.
6. Cool and serve.

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