Banana Avocado Muffins

1 cup all-purpose flour

1 cup whole wheat flour

1 tsp kosher salt

1 tsp baking soda

3/4 cup granulated sugar

2 ripe bananas

1 creamy ripe avocado

​2 eggs beaten

1/4 cup water

1/4 cup chopped walnuts

1/4 cup freshly ground flax seed meal

Combine flours, salt and baking soda.

​Mash together bananas and avocado.

Stir in eggs, sugar, water, walnuts and flax.

Stir in dry ingredients until just moistened.

Divide batter between 12 greased muffin cups.

Sprinkle a teaspoon of rolled oats on top of each muffin.

Bake 15-20 minutes at 350.