

Gluten Free Banana Muffins



Photo: Jennifer Steenland

I hope you enjoy making and eating these delicious muffins. I make a batch every week. I adapted this recipe from The Healthy Chef - Gluten Free Banana Bread when I discovered I had an allergy to eggs plus tweaked the recipe. These muffins are gluten free, dairy free and egg free.

Makes 12

Ingredients

3 medium size ripe bananas mashed

2 Flaxeggs – (2 tablespoons of ground flaxseeds combined with 4 tablespoons of water and let sit for 5 minutes to thicken)

1/8 of cup of honey or rice syrup

¼ of cup of coconut oil (in winter you may have to melt oil)

1 teaspoon of vanilla essence

2 teaspoons of Dutch cinnamon powder

½ teaspoon of bi-carb soda + 1 tablespoon of lemon juice – combine

1 ½ cups of almond meal/flour

½ cup of Orgran Gluten Free Buckwheat Pancake Mix

½ cup of crushed walnuts – (leave some for later to sprinkle over muffins)

Method

Preheat your oven to 180 C (fan force)

Oil 12 hole muffin pan (do not use muffin liners as the muffin sticks to them)

Combine mashed banana, flaxeggs, honey, oil, vanilla and bicarb/lemon mixture in a large bowl with a spoon.

Add almond meal, buckwheat flour and walnuts stirring lightly.

Spoon batter into the muffin tin, then sprinkle remaining walnuts over each muffin.

Bake for 20 minutes or until cooked

Eat plain or cut in half and put your favourite spread on.

These muffins freeze very well.

The Healthy Chef - <https://www.thehealthychef.com/2013/01/gluten-free-banana-bread/>