



STRAWBERRY BANANA MUFFINS

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ONE RECIPE MAKES 16 MUFFINS

INGREDIENTS	X1	X2	X3	X4
Bananas, very ripe (2 bananas equals about 1 cup mashed banana)	2	4	6	8
Brown Sugar, packed	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Oil, mild tasting	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Eggs, large (or see note below for egg free)	2	4	6	8
Vanilla Extract, gluten free	1 1/2 teaspoons	1 tablespoon	1 1/2 tablespoon	3 tablespoons
Garfava Bean Flour	1/2 cup	1 cup	1 1/2 cups	2 cups
Sorghum Flour	1/4 cup	1/2 cup	3/4 cup	1 cup
Tapioca Starch/Flour	10 tablespoons	1 1/4 cups	1 3/4 cups PLUS 2 tablespoons	2 1/2 cups
Cornstarch, Potato Starch or Arrowroot Flour/Starch	10 tablespoons	1 1/4 cups	1 3/4 cups PLUS 2 tablespoons	2 1/2 cups
Xanthan Gum or Guar Gum	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Baking Soda	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Baking Powder, gluten free	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Salt	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Strawberries, fresh, cleaned, stemmed & coarsely chopped	1 cup	2 cups	3 cups	4 cups

Pre-heat oven to 350 degrees. Mix mashed bananas, brown sugar, oil, and eggs together in a blender. Blend until smooth. In a separate bowl, combine gluten-free flour blend (or individual flours), xanthan gum, baking soda, baking powder, and salt. Add banana mixture and stir just until combined, removing any lumps. Gently stir in sliced strawberries.

Divide batter into paper lined muffin cups (16 cups for each recipe made). Bake at 350 degrees for 25 minutes or until a toothpick inserted in the center comes out clean. Remove from muffin pan and allow muffins to cool on a cooling rack.

To make egg free: Do not add eggs. Mix 1 tablespoon ground golden flax with 3 tablespoons water for every egg you are replacing. Heat while stirring until mixture has thickened. Allow to cool to room temperature. Add flax mixture to recipe when eggs would have been added. Also, increase baking powder by 1/4 teaspoon for each egg replaced.

To freeze: Allow muffins to cool down completely. Package in zip-seal freezer bags. Remove as much air as possible from freezer bag, seal, label and freeze.