

Strawberry Banana Muffins

- 2** medium very ripe bananas, mashed (about 1 cup)
- ¾** cup packed brown sugar
- ⅓** cup mild tasting oil
- 2** large eggs (for egg free version, see below)
- 1 ½** teaspoons gluten free vanilla extract
- 2** cups bean flour blend (or 1/2 c garfava bean flour, 1/4 c sorghum flour, 10 T tapioca flour, and 10 T cornstarch, potato or arrowroot starch)
- 1** teaspoon xanthan gum
- 1** teaspoon baking soda
- 1** teaspoon gluten free baking powder
- 1** teaspoon ground cinnamon
- ¼** teaspoon salt
- 1** cup cleaned, coarsely chopped fresh strawberries



Servings/Yield

16 servings
16

Method

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 16 paper lined muffin cups. 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 2 tablespoons ground golden flax with 6 tablespoons water. 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 to a total of 1 1/2 teaspoons.

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.

