

Banana Chocolate Chip Muffins

Preheat oven: 375°
Bake: 20-25 min.

1 1/3 C. Gluten-free Flour Blend**
1 C. Almond Meal
2/3 C. Sugar
1 Tb. Baking Powder
1 1/2 tsp. Cinnamon
1 1/2 tsp. Xanthan Gum
1 tsp. Salt

1/2 C. Milk
1/4 C. Canola Oil
2 Lg. Eggs
2 Mashed Medium Ripe Bananas
1 tsp. Vanilla Extract

1/2 C. Mini Chocolate Chips
1/2 C. Chopped and Toasted Walnuts (optional)

Grease 12-cup non-stick muffin pan or paper liners. Whisk together dry ingredients in large bowl. In a separate bowl, whisk together wet ingredients thoroughly until smooth.

Make a well in the dry ingredients. Add wet ingredients. Combine until moistened, and then gently stir in the mini chocolate chips.

I use an ice cream scoop to divide the batter evenly between the baking cups. Makes about 12 muffins.

**Gluten-Free Flour Blend

1 1/2 C. Sorghum Flour
1 1/2 C. Potato Starch
1 C. Tapioca Flour
1/2 C. Corn Flour or Almond Flour

These recipes are adapted from Gluten-Free 101 Easy, Basic Dishes Without Wheat by Carol Fenster, Ph.D.

