

Banana Muffins GF/V

Carolyn's recipe

1 1/2 cups Gluten Free Flour Blend
1 teaspoon Baking Powder
1 teaspoon Baking Soda
1/2 teaspoon Salt
1/3 cup Sugar, can be left out if you prefer less sweet
1 teaspoon Cinnamon, optional

1 Flax Egg, prepared and rested for 10 minutes
1 cup Banana, very ripe and mashed well
1/3 Vegan Butter, Oil, or half Oil and half Apple Sauce
1 teaspoon Vanilla

1 cup Walnuts (chopped), or Chocolate Chips (optional)

Mix together the first 5 or 6 dry ingredients, and set aside.

Mix the 4 wet ingredients.

Stir the wet into the dry, and mix together until moistened.

Stir in the walnuts, or other if using.

Bake at 350F, 12-15 minutes for mini muffins or 20-25 minutes for regular muffins.

Makes about 24 mini muffins or 12 regular muffins.

