

INGREDIENTS

DRY INGREDIENTS

1 C GF FLOUR; BOB'S RED MILL 1-TO-1
(OR 1 C TRADITIONAL FLOUR)

1/2 TSP BAKING POWDER

1/2 TSP BAKING SODA

1/4 TSP SALT

WET INGREDIENTS

2 RIPE BANANAS

1 EGG

1/4 C SOUR CREAM (OR PLAIN YOGURT)

1/8 C AGAVE (OR 1/3 C SUGAR)

3/4 TSP VANILLA EXTRACT

3 TSP LEMON JUICE (OR 1/2 TSP ZEST)

3 T AVOCADO OIL (OR PREFERRED OIL)

REMAINING INGREDIENTS

2/3 C FRESH BLUEBERRIES

(OR UNTHAWED FROZEN)

DIRECTIONS

- MIX DRY INGREDIENTS IN BOWL.
- ADD WET INGREDIENTS TO BLENDER, ADD IN BOWL OF DRY INGREDIENTS AND BLEND IN BLENDER UNTIL SMOOTH.
- FOLD REMAINING INGREDIENTS INTO BATTER AND FILL MUFFIN CUPS 2/3 FULL (ABOUT 1/4 CUP).
NOTE: GREASE PAN IF NOT USING, SILICONE OR PAPER CUPS.
- **PREHEAT TOASTER OVEN TO 375°F** AND BAKE FOR 20-25 MINUTES (OR UNTIL TOOTHPICK IS CLEAN).
NOTE: TIME & TEMP MAY VARY FOR FULL SIZE OVEN BAKING.
- MAKES APPROX. 10-12 MUFFINS.

NOTES: YOU CAN ADAPT THIS RECIPE TO MAKE REGULAR BLUEBERRY MUFFINS, BUT WILL NEED TO ADD 1/4 C ALMOND MILK (OR PREFERRED MILK), UNSWEETENED AND DOUBLE THE SWEETENER TO ADJUST FOR REMOVING THE BANANAS.



BANANA BLUEBERRY MUFFINS (GF)



10-12 muffins



5-10 min prep
20-25 min bake

If you are looking for a great breakfast or really anytime muffin, this is it! Not too sweet, lower in sugar and made with healthier fats, it offers a nice balance of flavor and macronutrients.

Want to add a little crunch or texture consider adding a TBSP of flaxseed or walnuts when folding in the blueberries.

This recipe is Gluten Free, but you can easily substitute with the same amount of wheat flour.

FOOD FOR THOUGHT:

Food waste is a huge problem in the United States, this is a great way to use up bananas on their last legs and muffins can be frozen for future treats.