



Gluten-Free Banana Chia Muffins

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



9

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 Tablespoons ruth's chia goodness apple cinnamon cereal (can sub ground flaxseeds or chia seeds)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 bananas mashed
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup coconut or shredded
- ☐ 0.3 cup coconut flour
- ☐ 0.3 coconut oil

- ☐ 0.5 cup coconut sugar (scant)
- ☐ 1 handful dairy-free chocolate chips
- ☐ 1 handful cranberries dried
- ☐ 1 teaspoon granulated lecithin
- ☐ 9 servings original non-dairy hemp milk as needed
- ☐ 0.8 cup quinoa flour
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sorghum flour white
- ☐ 0.3 cup tapioca flour
- ☐ 1 teaspoon vanilla
- ☐ 6 Tablespoons water

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat your oven to 350F and grease or line your muffin tins.
- ☐ Add the chia seeds or cereal to the water, and allow to sit while you prepare the rest.
- ☐ Combine the dry ingredients in a large bowl and set aside.
- ☐ Combine the remaining ingredients (except the cranberries, chocolate, and hemp milk), and mix thoroughly.
- ☐ Add the wet mixture and the chia seeds to the flour mixture, and stir to combine.If desired, stir in the cranberries and chocolate chips.If the mixture looks too dry, add some of the hemp milk.
- ☐ Bake for 25 minutes, or until tested done with a toothpick.

Nutrition Facts



 **PROTEIN 5.99%**  **FAT 12.48%**  **CARBS 81.53%**

Properties

Glycemic Index:23.98, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:3.4782608945085%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 171.63kcal (8.58%), Fat: 2.54g (3.91%), Saturated Fat: 1.5g (9.41%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 33.59g (12.21%), Sugar: 17.86g (19.85%), Cholesterol: 0mg (0%), Sodium: 245.42mg (10.67%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Protein: 2.74g (5.48%), Fiber: 3.75g (15.01%), Manganese: 0.25mg (12.47%), Vitamin B6: 0.12mg (6.2%), Iron: 1mg (5.54%), Magnesium: 16.98mg (4.25%), Phosphorus: 40.74mg (4.07%), Potassium: 136.82mg (3.91%), Calcium: 36.89mg (3.69%), Vitamin D: 0.5µg (3.33%), Vitamin C: 2.55mg (3.09%), Vitamin B3: 0.56mg (2.81%), Copper: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.01%), Selenium: 1.4µg (2.01%), Folate: 7.79µg (1.95%), Vitamin B5: 0.17mg (1.69%), Vitamin B2: 0.03mg (1.63%), Zinc: 0.18mg (1.19%), Vitamin E: 0.15mg (1.02%)