



Gluten-Free Banana-Nut Muffins



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup amaranth flour gluten-free certified
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup lightly bananas ripe mashed 2 to 3 bananas
- ☐ 0.5 cup brown rice flour gluten-free certified
- ☐ 0.5 cup brown sugar dark
- ☐ 2 large eggs separated
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt fine
- ☐ 0.3 cup tapioca flour gluten-free certified
- ☐ 12 servings sugar for sprinkling, optional
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups walnuts toasted

Equipment

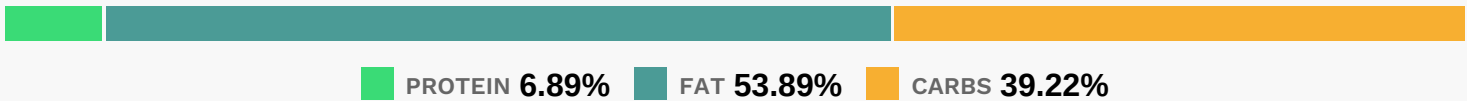
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F. Adjust the oven rack to the center. Line a 12-cup muffin tin with your favorite liners and lightly grease with cooking spray.
- ☐ Finely chop the walnuts in a food processor. Set aside 3 tablespoons for garnish.
- ☐ Combine the remaining ground walnuts, amaranth flour, brown rice flour, tapioca flour, baking powder, cinnamon, salt and baking soda in a large bowl.
- ☐ Add the sugar and work in with your hands.
- ☐ Whisk together the bananas, milk, oil, vanilla and egg yolks in a separate medium bowl.
- ☐ Whip the egg whites on medium-high speed in the bowl of a large stand mixer fitted with a whisk attachment (or in a large bowl of using a hand mixer) until soft peaks form, 2 to 3 minutes.

- ☐ Fold the banana mixture into the nut-flour mixture until combined (don't fret if your batter has lumps, this means it isn't over-worked). Fold one third of the whipped egg whites into the batter until completely incorporated, then gently fold in the remaining egg whites until just combined (it's alright if the batter is a little streaky).
- ☐ Fill each liner about three-quarters full.
- ☐ Sprinkle with the reserved ground walnuts and turbinado sugar, if using.
- ☐ Bake until the muffins are golden brown and nicely cracked on the top, and a toothpick inserted in the muffins comes out clean, 28 to 30 minutes, rotating halfway through baking.
- ☐ Let cool in the hot muffin tin 3 minutes, then transfer to a cooling rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:17.48, Glycemic Load:1.82, Inflammation Score:-2, Nutrition Score:6.8434781769048%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 251.99kcal (12.6%), Fat: 15.67g (24.1%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 23.68g (8.61%), Sugar: 12.33g (13.69%), Cholesterol: 32.22mg (10.74%), Sodium: 175.19mg (7.62%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 4.51g (9.01%), Manganese: 0.74mg (36.92%), Copper: 0.23mg (11.48%), Vitamin K: 11.61µg (11.06%), Phosphorus: 101.94mg (10.19%), Vitamin B6: 0.18mg (9.2%), Magnesium: 33.23mg (8.31%), Fiber: 1.97g (7.89%), Calcium: 65.19mg (6.52%), Iron: 1.16mg (6.44%), Vitamin B1: 0.08mg (5.58%), Selenium: 3.59µg (5.12%), Vitamin E: 0.77mg (5.11%), Vitamin B2: 0.09mg (5%), Folate: 19.51µg (4.88%), Zinc: 0.71mg (4.74%), Potassium: 157.95mg (4.51%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.67mg (3.33%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.28µg (1.86%), Vitamin C: 1.43mg (1.73%), Vitamin A: 72.15IU (1.44%)