



Gluten Free Mocha Banana Chip Muffins



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



12

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 medium banana-cut into dice ripe mashed ()
- ☐ 2 cups flour blend gluten-free red all-purpose (I used Bob's Mill)
- ☐ 0.8 cup chocolate chips mini
- ☐ 0.7 cup so delicious dairy free almond milk beverage unsweetened (or Coconut Milk Beverage)
- ☐ 2 large eggs
- ☐ 1 Tablespoon hot-brewed coffee instant

- ☐ 2 Tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar in the raw (plus 2 Tablespoons to sprinkle the muffin tops before baking)
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 teaspoon xanthan gum

Equipment

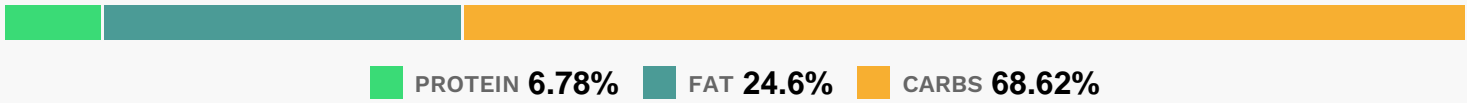
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ wooden spoon
- ☐ microwave
- ☐ spatula
- ☐ ice cream scoop
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375°F
- ☐ Place the So Delicious unsweetened Almond Milk (or unsweetened Coconut Milk) beverage in a microwave safe cup and heat gently for 30 seconds on HIGH. Stir in the instant coffee and set aside. In a large mixing bowl, whisk together all the dry ingredients until well combined. In a medium sized mixing bowl, whisk together the wet ingredients, adding in the coffee/Almond beverage that was set aside. Fold the wet ingredients in to the dry ingredients with a rubber spatula or a wooden spoon. Be careful not to over mix. Spray a 12 cup muffin pan with baking spray or brush with olive oil.
- ☐ Place muffin paper liners in pan. Using an ice cream scoop or 1/4 cup measuring cup, divide the batter evenly amongst the 12 cups.

- ☐
- Sprinkle the tops of the muffins with the reserved Sugar in the Raw.
- ☐
- Bake in a preheated 375°F oven for 20–25 minutes. Test the muffins with a toothpick inserted in to the center to be sure they are baked through.

Nutrition Facts



Properties

Glycemic Index:15.02, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:3.2547826196836%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg 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: 240.25kcal (12.01%), Fat: 6.73g (10.35%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 39.39g (14.32%), Sugar: 25.85g (28.72%), Cholesterol: 32.69mg (10.9%), Sodium: 209.07mg (9.09%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 13.08mg (4.36%), Protein: 4.17g (8.34%), Fiber: 2.85g (11.38%), Calcium: 72.16mg (7.22%), Iron: 1.23mg (6.83%), Vitamin E: 0.76mg (5.09%), Selenium: 3.01µg (4.3%), Vitamin B2: 0.07mg (4.23%), Vitamin B6: 0.08mg (4.05%), Vitamin B12: 0.22µg (3.6%), Vitamin B3: 0.62mg (3.11%), Phosphorus: 28.08mg (2.81%), Vitamin A: 128.02IU (2.56%), Folate: 10.08µg (2.52%), Potassium: 86.17mg (2.46%), Vitamin C: 1.87mg (2.26%), Manganese: 0.04mg (2.23%), Vitamin D: 0.32µg (2.16%), Vitamin B5: 0.16mg (1.61%), Copper: 0.03mg (1.61%), Vitamin K: 1.49µg (1.42%), Magnesium: 5.48mg (1.37%), Zinc: 0.16mg (1.07%)