

BANANA DATE MUFFINS

It's always so great to find a muffin that is moist, gluten-free and tastes delicious. These muffins are easy to make and will last up to 4 days and if you want them longer just put them in the freezer.



INGREDIENTS

2 cups of gluten-free flour plus one tbsp
(If the flour doesn't include xanthan gum, add 1 tsp)
2 tsp baking powder
2 tsp baking soda
Pinch of sea salt
2 overripe bananas, mashed
1/2 cup coconut oil, or olive oil
2/3 cup good-quality maple syrup
2/3 cup unsweetened almond milk
2 tsp pure vanilla extract
6 large dates, pitted and chopped
1/4 roughly chopped pumpkin seeds, plus 3 tbsp for the tops of the muffins

METHOD

Preheat oven to 400 degrees. Line a 12-cup muffin tin with paper liners
Whisk together the 2 cups of flour, the baking powder, baking soda, and salt in a bowl.
In a separate bowl, whisk together the bananas, olive oil, maple syrup, almond milk, and vanilla. Thoroughly, combine the dry and wet ingredients. Toss the dates and the 1/4 cup of chopped pumpkin seeds with the extra flour (this keeps them from sinking to the bottom of the muffins) and fold them into the batter with a rubber spatula. Evenly divide the batter among the muffin cups and sprinkle each muffin with a pinch of the extra pumpkin seeds. Bake until the muffins are browned and a toothpick comes out clean, 20-25 mins.