

Sarah's Healing Touch

Banana Nut Muffins (GF & Vegan)



Ingredients

- 3 ripe bananas, mashed
- 1/3 C. organic soy buttermilk, soy milk combined with 1 tbsp vinegar
- 3/4 C. sucanat
- 1/3 C. melted margarine, Earth Balance
- 1 1/2 C. gluten-free flour
- 1 t. baking powder
- 1 t. baking soda
- 1/2 t. real salt
- 1/2 C. pecans, chopped

Crumble Topping

- 1 T. margarine, softened
- 2 T. brown rice flour
- 1/3 C. sucanat

Directions:

Begin by heating your oven to 350F. Prepare your muffin pans by lining with papers or spraying with vegetable cooking spray.

Next, mash the bananas in a medium bowl. Add the soy buttermilk, brown sugar and melted margarine. Stir until well combined and set aside.

Now combine the gluten-free flours, baking soda, baking powder, and salt in another

Rejuvenate Refresh Relax

Sarah's Healing Touch

medium sized bowl. Stir until well combined. Add the chopped nuts to the flour.

Take a moment to mix together your topping ingredients – the margarine, gluten-free flour, and brown sugar. Stir well and set aside.

Begin by combining the wet and dry muffin ingredients. Stir until mostly combined (you don't want to over mix this) and spoon into prepared muffin pan or cups. Then cover each muffin with a little bit of that yummy topping mixture.

Place the muffins in your prepared oven and bake for 20 minutes. Take a peek and make sure the muffins look done. Once they're ready, remove them from the oven and set aside to cool for a few minutes.

Rejuvenate Refresh Relax