

Sarah's Healing Touch

Quinoa Strawberry Muffins (GF)



Ingredients

- 1 1/3 C. quinoa flour (grind your own)
- 1 t. baking powder
- 1/2 t. Real Salt
- 1/2 c sucanat
- 2 eggs
- 2 T. melted butter or coconut oil
- 1 t. vanilla extract
- 2 medium overripe bananas, mashed
- 1/2 C. sour cream
- 1 c cooked quinoa
- 1 c finely chopped fresh strawberries, 1-2 strawberries, thinly sliced (optional for garnish)

Directions

1. Preheat the oven to 350°. Prepare a muffin tin with cooking spray or muffin liners. In a small bowl, mix together the quinoa flour, baking powder and salt, and set aside. In a separate, larger bowl, combine the sucanat, butter, eggs & vanilla and whisk until smooth. Mix in the dry flour mixture, stirring together until completely incorporated.
2. When all the flour has been mixed in, add the mashed bananas and the cooked quinoa, and mix well. Add the chopped strawberries and fold into the muffin batter. Divide the batter among the prepared muffin cups and bake for about 25 minutes, until a toothpick inserted into the center of one of the muffins comes out clean.
3. Remove from oven and cool for a couple of minutes before removing muffins from pan.

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