Conscious Cafe

BANANA / PEAR MUFFINS

GLUTEN-FREE *** INGREDIENTS LIST

Rice flour, ground almonds, milled oats, baking powder, avocado oil, coconut oil, coconut sugar maple syrup, crystallised ginger, ginger syrup, vanilla extract, local eggs, rice milk, and ... **fruit**

...either **bananas** with coconut flakes & a cranberry on top or fresh **pears** from the Healthy Home garden with sesame seeds on top **ENJOY!** (*The banana recipe is on the next page*)



made by

Gina Lazenby, The Healthy Home

19TH SEPTEMBER 2019

Banana Muffins - Gluten-free The Healthy Home

| Binding | Egg | 1-2 | |
|---------|--------------------------|------------------|----------------|
| Fat/OIL | Avocado or Coconut Oil | | |
| | | 3 Tbaps | |
| Flavour | Cinnamon | 1 teasp | |
| Flavour | Vanilla Extract | 1 teasp | |
| Flavour | Salt | 3/4 tsp | |
| Flavour | Ginger syrup | 2 tap | |
| Flavour | Crystallised Ginger | 30g | |
| Liquid | Non-dairy milk | 1/2 cup | 115g (or more) |
| Raising | Baking Powder | 3 1/2 tsps | |
| Fruit | Ripe Bananas | 3 | |
| Fruit | Coconut Flakes | 20g | |
| Bulk | Ground Almond | 1 1/4 cup | } |
| Bulk | Gluten-Free Flour | 1 1/4 cup | } 315g |
| Bulk | Oats - milled | 1 1/4 cup | } |
| Sweet | Coconut Sugar | 1/2 cup | |
| Sweet | Maple Syrup | 2 Tbsps | |
| | 170 C fan oven | 20m | |
| | 155 C | 10-20 mins | |
| | Bake for 1 hr 15 mins as | or 40-45 mins as | |
| | a loaf | muffins | |
| | Sept 14th 2019 | | |
| | Gina Lazenby | | |



