



## GLUTEN FREE Gluten-Free Banana Nut Muffins

MADE WITH CHICKPEA FLOUR

### Instructions

Preheat the oven to 350°F. Line a large muffin pan with muffin/cupcake liners and set aside.

In a mixing bowl sift together the chickpea flour, baking soda & salt.

In a large bowl, using a handheld mixer, cream the butter and sugar together until pale and thickened, about 3-minutes. Next add the eggs into the bowl of creamed butter & sugar and mix until well combined. Add the vanilla and mashed bananas and mix well.

Mix in the reserved flour blend until well combined, and then fold in the chopped pecans.

Pour the batter into the lined cups of the muffin pan. Evenly top each one with 1-teaspoon of turbinado sugar.

Bake for prepared pan. Bake for approx. 20 – 25 minutes, or until a toothpick inserted in the center of the muffins comes out clean.

Let cool to room temperature before serving.

Servings: 6 large muffins

Ingredients	Amount
Chickpea Flour	2 C.
Baking Soda	1 tsp.
Kosher Salt	1/2 tsp.
Unsalted Butter, softened	1/2 C.
Granulated Sugar	1 C.
Large Eggs	2 ea.
Vanilla Extract	1/2 tsp.
Large Bananas, Very Ripe, mashed	3 ea.
Toasted Pecans, rough chopped	1/2 C.
Turbinado Sugar	2 Tbsp.