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by Shy

Gluten Free Banana Nut Muffins



Ingredients

150g Softened butter
100g Caster Sugar
1 tsp. Vanilla Extract
2 Eggs
1 Banana
2 tbsp. cocoa powder
1 tsp. bicarbonate of Soda
150g/6oz Gluten free plain white flour
6 tbsp. milk
1 handful of raisins
1 handful of chopped walnuts (optional)

Preparation

- 1 Pre heat the oven to 170 C.
- 2 Cream the butter, sugar and vanilla together.
- 3 Slowly mix in the eggs one at a time.
- 4 Mash the bananas separately and mix it with the above.
- 5 Mix in the flour, cocoa powder, bicarb of soda and milk. Now add the raisins and walnuts. The mixture should be quite loose.
- 6 Divide between muffin cases or greased muffin tin (two generous tsp fulls in each)
- 7 Bake in a pre-heated oven for 15 to 20 minutes. You can test with a cocktail stick if it comes out without loads of uncooked mixture on it the muffins are ready.
- 8 Bake for 20-25 minutes or till stick comes out clean.

Cooks Note

Experimenting with gluten-free recipes is my new mantra. I like to say I'm still fairly new to this, and of late have been trying to widen my knowledge of Gluten free cooking. While I'm not really sure that I'm Gluten Intolerant, I just prefer it and feel so much better not eating it. I actually got around to making these Gluten free banana nut muffins for a Teen cooking workshop recently. I was of course overjoyed to find this lovely Plain Flour Blend (gluten-free) in the Organic section of Geant supermarket. The flour is a blend of Rice, Potato, tapioca, maize and Buckwheat and worked really well for this muffin recipe. The brand used is Dove Farms.

There's just one word to describe these muffins: Simple!!!
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