

Banana Muffins



- 1 1/2 C multi-grain gluten-free flour,
 - 1/2 C rice flour,
 - 1/2 C tapioca starch,
 - 1/2 tsp xanthan gum,
 - 1 tsp baking soda,
 - 1 tsp baking powder,
 - 1/4 tsp sea salt,
 - 1/3 C agave or honey,
 - 1/2 C canola oil,
 - 2 eggs,
 - 3 bananas,
 - 1 tsp vanilla.
- preheat oven to 350

Assemble ingredients. Preheat oven to 350. Slice bananas and mash with a fork. Blend dry ingredients. Add wet ingredients (except banana mash) to dry ingredients and blend thoroughly. Add bananas and mix again. Line muffin tin with paper baking cups or spray with cooking spray. Spoon batter evenly into muffin tin. Bake for 18-20 minutes at 350. Enjoy!