



Banana Carob Muffins

Ingredients:

- 1 cup oat flour
- 6 tbsp. arrowroot powder or tapioca starch
- ½ cup carob powder
- ½ cup coconut sugar or ½ cup date paste
- ½ tsp. cereal coffee
- ½ tsp. Non-GMO, aluminum-free baking powder*
- ¼ tsp. baking soda**
- ¼ tsp. Celtic Sea Salt or Himalayan Pink Salt
- ½ cup almond or peanut butter
- ½ cup banana (approx. 2 mashed bananas)
- 1 cup non-dairy milk (almond, coco, rice, soy, etc.)
- 1 tbsp. lemon juice
- ½ tsp. vanilla extract (optional)

Instructions:

1. Preheat the oven to 350°F or 180°C and line a muffin tin with 12 paper liners or lightly oil it.
2. Add the dry ingredients to a bowl (first 8) and stir well to combine.
3. In another container add the wet ingredients and mix well, preferably with an electric or hand mixer.
4. Add the wet ingredients to the dry and stir until the flour is well incorporated and no dry bits remain.
5. Spoon the batter into the paper liners, filling each $\frac{3}{4}$ full (approx. 2 tbsp.)
6. Bake for 18-20 or until a toothpick inserted into the middle comes out clean.
7. Let the muffins cool in the pan for 10 minutes. Carefully remove each muffin and place it directly onto a cooling rack or kitchen towel until fully cooled.
8. Enjoy!

Tip: Leftover muffins can be stored in the fridge in an airtight container for several days or frozen for up to 1 month. You can substitute the bananas with applesauce and even add some nuts or seeds.

** I used the Rumford brand.*

****The lemon in this recipe neutralizes the very alkaline baking soda. For the sake of your health *do not leave it out.***
Note. ½ tsp. baking soda is neutralized by 1 tbsp. lemon juice.