

THE DIETITIANS NETWORK OF NOVA SCOTIA

Gluten-Free Pumpkin Banana Muffins

These muffins are so moist and soft it's hard to believe they are gluten-free.

Recipe Name:	Gluten-Free Pumpkin Banana Muffins
Recipe By:	Adapted from alidaskitchen.com by Antonia Harvey P.Dt
Short description of recipe:	The trick to this recipe and any gluten-free baking is using a binder—in this case, xanthan gum.
Makes	Approximately 15 muffins
Ingredients:	<p>1 3/4 – 2 cups gluten-free flour* 1/2 cup brown sugar, packed 1 tsp baking powder 1/2 tsp baking soda 1 tsp cinnamon 1 tsp pumpkin pie spice 1 3/4 tsp xanthan gum</p> <p>2 large bananas, mashed 1 cup canned pumpkin puree 1/4 cup canola oil 2 eggs 1 tsp vanilla extract</p>
Instructions:	<ol style="list-style-type: none">1. Preheat the oven to 350F. Lightly grease muffin tins or line with muffin papers.2. Thoroughly combine all dry ingredients in a small bowl.3. Whisk together all wet ingredients in a large bowl.4. Pour the dry ingredients into the wet ingredients and gently combine with a rubber spatula.5. Spoon the batter into prepared muffins tins, filling each muffin cup about 3/4 full.6. If any muffin cups are not filled with batter, fill halfway with water.7. Bake for 15-20 minutes or until a toothpick inserted into the middle comes out clean.8. Remove from oven and let stand for 5 minutes before removing muffins from the muffin tin and cooling on a wire rack.9. Consider freezing the muffins if they will not be eaten within two days. <p>*Robin Hood Nutri Flour Blend Gluten Free was used in the testing of this recipe.</p>