Alpenglow Community School Banana Muffins

Preheat oven to 375F

Oil muffin tray with solid or slightly softened coconut oil

Dry Ingredients

Mix in med bowl:

1	cup	buckwheat flour
1	cup	sorghum flour
½	cup	amaranth flour
2	tbsp	potato starch
½	tsp	xantham gum
1 ¼	tsp	baking soda
½	tsp	salt
1	tsp	cinnamon

Please be careful with this recipe as many children in our programs have food sensitivities and this recipe has been made for them.

Wet Ingredients

Whisk in large bowl

1	cup	lukewarm water (add more if needed)
1/3	cup	melted coconut oil
2/3	cup	applesauce
2		mashed up ripe bananas
		orange zest & squeeze of orange juice
		(if orange is sour/bitter, use a very little)

Add dry ingredients to wet ingredients and mix until just combined

Spoon into mini- muffins tray 1/2 - 2/3 full (will not rise)

Bake 7-10 minutes

Should make 48 muffins (4 dozen)