

banana crumble & chocolate chunk muffins



makes 12 muffins

ingredients:

1 C gluten free flour
1 C almond meal
1 C quick rolled oats
1 tsp baking powder
1 tsp cinnamon
½ tsp pink salt
½ C walnuts, chopped
½ C dark chocolate buttons, chopped
1 egg, whisked (or flax egg to make them vegan)
¾ C nut mylk
1 tsp vanilla extract
3 Tbsp light olive oil*
2 ripe bananas, mashed

crumble topping:

¼ C gluten free flour
3 Tbsp soft brown sugar
¼ C quick rolled oats
½ tsp cinnamon
½ tsp pink salt
¼ C butter, melted (or coconut oil to make them vegan)
¼ C dark chocolate buttons, chopped

*Item not available online but is available in your local GoodFor store.

method:

Preheat the oven to 180 degrees fan bake. Grease your muffin tin and set aside.

Prepare your crumble topping by placing all ingredients into a bowl. Using your fingers, mix to combine, keeping the mixture in clusters. Set aside.

In a separate bowl add all your wet ingredients (egg, nut mylk, oil, vanilla, mashed banana) and mix to combine. Add all of the dry ingredients. Fold mixture with a wooden spoon but be careful not to over mix.

Spoon mixture into the muffin tray. The mixture won't quite fill to the top which will leave room for the crumble topping.

Add the crumble topping and lightly press into each muffin so it's not too crumbly.

Bake in the oven for 15-20 minutes. Remove from the oven and set aside to cool.

Store in an airtight container.

