

Kristy's Banana Chocolate Chip Muffins recipe by Kristy Kilik

Easy muffins that are fantastic traditionally made or as gluten free & dairy free. Freeze well.

3 ripe bananas, mashed
3 farm fresh eggs (support local!!)
1/3 cup milk of choice (my preference is unsweetened cashew)
1/3 cup oil of choice OR apple sauce OR unsalted butter
1 ½ tsp vanilla extract
½ cup coconut sugar
¼ cup granulated sugar (preferred organic cane sugar)
2 tsp aluminum free baking powder
1 ½ tsp baking soda
½ tsp sea salt
2 cup flour of choice (gluten free cloud 9 is my preferred choice) SEE NOTES @ END OF RECIPE
**** (if using gluten free flour, check if it has xanthan gum, if it does not have it, add 1 ½ tsp of xanthan gum)
1 cup chocolate chips

Directions:

Preheat oven to 350° F. Grease muffin tins or line muffin tins with paper liners.

In a stand mixer: simply go through the list and add in one ingredient at a time in order listed above and mix.

Mixing by hand: In a large bowl, mash bananas and whisk in the eggs. Add in the milk and whisk. Add the vanilla and oil (or applesauce or the butter, whatever you are using) whisk together until well blended. Add the coconut sugar, and the granulated sugar and whisk until well blended. Add in baking powder, baking soda, salt and whisk until blended. Set the whisk to the side and bring out a wooden spoon. Add in 1 ¾ cups of flour and blend it into batter with a wooden spoon. If the batter is too runny, add in more flour until the batter thickens. Usually around 2 cups total flour. Stir in the chocolate chips. Blend well. Drop batter into greased or lined muffin tins.

Bake at 350° F for 20 – 25 minutes.

Makes 24 small muffins or 12 large muffins. These freeze very well.

GLUTEN FREE BAKING NOTES: when baking gluten free, the flours are always very different from one brand to the next and even the batches are very different. No bag of gluten free flour mix has ever been the same as the one before it. Always have about a half cup extra flour on hand in case your flour isn't holding moisture. Always start with a little less gluten free flour and add in a little more if need be instead of having to water it down. Makes better muffins that way. Top flour choice in all my muffin recipes is cloud 9 gluten free all purpose flour. Second tip: adding baking soda and powder to wet ingredients works better with gluten free flour opposed to the traditional blending it into the dry ingredients. When you blend the soda and powders into the dry ingredients, it often takes too long to activate and the muffins come out flat. Third tip: farm fresh eggs are the secret weapon in gluten free baking. You just can not get the same results using commercial eggs and gluten free flour. Always support local!

WHY COCONUT SUGAR? I prefer baking with coconut sugar because it does not spike the glycemic index like granulated sugar. Coconut sugar is a 35 on the glycemic index while white sugar is a 65. This means that coconut sugar has less affect on blood sugar and insulin levels. Coconut sugar is a prebiotic, meaning it is food for your good gut bacteria. This is helpful for healing your body's microbiome. It contains a soluble fibre called inulin that slows absorption of food in the gut. I replace almost all my recipes with coconut sugar. It has a caramel like flavour that bakes and cooks up like brown sugar. I even can and preserve with it.