

Healthy-Easy-Jain-Vegan

Banana Muffins Recipe

No Sugar & No Oil



Muffins in silicone baking tray
just come out of the oven



Muffins on a plate

Although the method is described on the next page there are **videos** of **how I did it including tips** in a series of short video clips at:

www.AtmaDharma.org/recipes/BananaMuffinsNoSugarNoOil.html

And at

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Ingredients

- 220 grams spelt flour. Or any wholegrain flour you have. In the past I have used a mixture of 50% buckwheat and 50% spelt flour too.
- 2 heaped tablespoons of ground linseed (also known as flax seed).
- 1½ teaspoons vegan baking powder.
- ¾ tablespoon of dry ginger powder (optional).
- 800-860 grams of peeled bananas (I find that usually 7-8 large bananas produce this much blended banana).

Method

1. Turn oven on to 200 degrees Celcius.
2. In a big bowl, mix all the dry ingredients well.
3. Blend the bananas to a smooth consistency – this will only take 10-30 seconds as banana is a very soft fruit.
4. Pour the blended banana mixture into the dry ingredients and mix well using a hand whisk. The mixture should look like a thick batter.
5. Place a ladleful of the mixture into each muffin slot in the silicone baking tray. Note that if you use any other type of baking tray (besides silicone) you will need to grease it with coconut oil to stop the muffins sticking to the sides.
6. Turn the oven temperature down to 180 degrees Celcius and place the muffin trays into the oven.
7. Bake the muffins for 25-30 minutes. You will know they are baked when the muffin tops are nicely browned and a sharp knife comes out clean when pierced into a muffin.
8. Once baked, take the muffin baking trays out and place them on wire racks to cool down.
9. Then take the muffins out of the trays and leave the muffins on the wire rack to completely cool down.

Notes

Although the method is described above, there are **videos** with **practical tips** in a series of short **video** clips at:

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