

Sugar-Free Banana Quinoa Muffins

Recipe By Rorie Weisberg



Cooking and Prep:  35
m

Serves:  12

Contains:  

Preference: Parve

Difficulty: Easy

Diet: No Refined Sugar,
Gluten Free, Low Fat

Although I love my banana nut muffin recipe, I have been getting emails requesting a sugar free muffins without nut butter. I created this quinoa muffin years ago and I'm excited to share it with all you resetters! ([Reset With Rorie - Take The 10-Day Sugar Free Challenge](#))

Ingredients (8)

Muffins

- 4 eggs
- 4 very ripe mashed bananas
- 1 teaspoon [Haddar Baking Powder](#)
- 1 teaspoon baking soda
- 2 teaspoons [Gefen Vanilla Extract](#)
- 1 cup Pereg or Ancient Harvest Gluten-Free Quinoa Flakes
- 1 cup Rorie's grain-free mix or 1 cup almond flour or other flour of choice



Gefen Chocolate Chips, walnuts, pecans or raisins, for topping *(optional)*

Start Cooking

Make the Muffins

Yields 12 muffins

1. Preheat oven to 350 degrees Fahrenheit. Line a 12-cup muffin pan with paper baking cups and set aside.
2. In a food processor fitted with an S blade or in a stand mixer stiffen egg whites then add yolks. Add in bananas and vanilla, mix for two to three minutes until the bananas are totally smooth and the mixture grows.
3. In another bowl combine dry ingredients. Add dry ingredients to the food processor and blend well. If you would like to add some of the topping(s) of your choice to the batter, add once it's mixed.
4. Divide batter into 12 muffin cups. Sprinkle with topping(s) of your choice. Bake for 24-28 minutes. Allow to cool and refrigerate.

Note:

These muffins freeze beautifully.