



Banana Muffins

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Makes 12 servings
Serving size: 1 muffin
Protein per serving: 0.71 g

Ingredients

- 204g CFL baking mix
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt

- 280g bananas, mashed
- 1/3 cup Sour Cream or Coconut Yogurt
- 1 tsp vanilla
- 1/2 cup brown sugar
- 3 Tbsp (36g) aquafaba, liquid from canned chickpeas
- 12 Tbsp butter, melted

Directions

1. Preheat oven to 350 degrees Fahrenheit. Line a muffin tin with cupcake liners.
2. Combine dry ingredients in a small bowl and lightly whisk to combine. Set aside.
3. In a bowl of a stand mixer, add the mashed bananas, sour cream, and vanilla. Mix to blend them together. Add the brown sugar and mix just until combined. Then add the melted butter and aquafaba. Mix until just blended. Don't over mix.
4. Add half the dry mixture and mix on low speed until dry ingredients are blended with the wet ingredients. Now add the remaining dry ingredients and mix just until blended.
5. Immediately scoop batter into prepared muffin, dividing evenly into the 12 liners. Bake in preheated oven for 10-12 minutes until a toothpick inserted into the muffins comes out clean.