

# Beans, Rice And Everything Nice

## Chocolate Banana Muffins



[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

*makes 12 muffins*

205 grams gluten-free flour blend  
70 grams sorghum flour (2/3 cup)  
70 grams teff flour (1/2 cup)  
65 grams tapioca flour (1/2 cup)  
35 grams cocoa powder (1/3 cup)  
1 teaspoon psyllium husk powder  
1 teaspoon ground cinnamon  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt (optional)  
1 Tablespoon ground flax seed  
3 Tablespoons hot tap water  
3/4 cup soy or other non-dairy milk  
1 teaspoon vinegar  
1-1/2 cups mashed banana  
1/2 cup sugar (demerara, coconut, Sucanat etc.)  
1 teaspoon vanilla  
1/4 cup coconut flakes (optional)  
1/2 cup chocolate chips (optional)

1. Pre-heat the oven to 190C/375F, and line a 12 cup muffin tray with silicone or parchment paper liners. Set aside. Mix the flax seed with the warm water, and set aside to thicken. Add the vinegar to the soy milk, and set aside. Add flours, cocoa powder, psyllium, cinnamon, baking powder, baking soda, and salt to a large mixing bowl and whisk to combine.
2. Add the flax gel and sour soy milk to a medium mixing bowl along with the mashed banana, sugar and vanilla. Whisk to combine.
3. Add the wet ingredients to the dry, and mix well. Fold in the coconut flakes and the chocolate chips, if using.
4. Fill each muffin cup with about 1/4 cup of the batter. Bake for 20-25 minutes. The cooked muffins should feel firm but springy when pressed, and a toothpick inserted into the middle will come out mostly clean. Let sit for at least 10 minutes to cool and set before eating.