

# Banana-Apple Buckwheat Muffins

GLUTEN-FREE + VEGAN



**YIELDS:** 6 muffins

## INGREDIENTS:

- 2 Tbsp flax seed meal
- 6 Tbsp (¼ c + 2 Tbsp) warm water
- ½ cup buckwheat flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp coarse salt
- 1 large ripe banana, mashed
- ¼ cup agave nectar (or raw honey)
- 1 tsp vanilla extract
- ¼ cup pitted dates, diced
- 1 sweet apple (such as Honeycrisp), peeled, cored and finely diced
- ½ cup chopped walnuts



Tested and Approved by 86lemons.com

<http://86lemons.com/banana-apple-buckwheat-muffins>

## Adapted from:

<http://www.wholeliving.com/216610/banana-apple-buckwheat-muffins>

### STEP 1:

Preheat oven to 350°F. Place six baking cups in a muffin tin.

### STEP 2:

In a medium bowl, mix together flax seed meal and water until well combined. Set aside.

### STEP 3:

In a bowl, whisk together flour, baking powder, cinnamon and salt.

### STEP 4:

When flax seed mixture has thickened (usually only takes a few minutes), add in banana, agave nectar (or honey) and vanilla; whisk together. Mix wet ingredients into the dry, then fold in dates, apple and walnuts.

### STEP 5:

Fill baking cups all the way to the top (mixture may even mound above the top a little). Bake 30 minutes, or until a tester comes out clean. Let cool on wire rack. Store muffins in an airtight container for up to 2 days.