



Gluten-Free Banana Walnut Muffins

Updated 26-Jan-2023, originally posted 26-April-2018

Level: Easy

Prep Time: 20 minutes

Serves: About 18

Cook Time: 22 to 25 minutes

Dry Ingredients:

2 cups gluten-free all-purpose flour (see Notes)

$\frac{1}{2}$ tsp. coarse kosher salt

$\frac{1}{2}$ tsp. gluten-free baking powder (see Notes)

1 tsp. baking soda

1 cup walnuts, coarsely chopped

Wet Ingredients:

4 large ripe bananas, mashed (see Notes)

2 large eggs

1 tsp. pure vanilla extract



Other Muffin Ingredients:

$\frac{1}{2}$ cup white granulated sugar

$\frac{1}{2}$ cup dark brown sugar, packed

$\frac{1}{2}$ cup unsalted butter, melted in the microwave & cooled

Preheat oven to 350°F. Line muffin tins with large parchment baking cups (see Notes). Set aside.

In a medium mixing bowl, mix the dry ingredients until combined. Set aside. In a small mixing bowl, mix the wet ingredients until combined. Set aside. In a large mixing bowl, combine the other muffin ingredients. Add the wet ingredients to the other muffin ingredients. Mix until combined. While stirring with a silicone spatula, slowly add the dry ingredients to the banana/sugar mixture. Mix until the dry ingredients are just combined. Do not overmix. The batter will be thick and lumpy. With an ice cream scoop or large spoon, fill each parchment baking cup about $\frac{3}{4}$ full. Bake for 22 to 25 minutes, or until the tops are golden brown or when a toothpick inserted in the middle of a muffin comes out clean. Remove muffins from the muffin tin and place on wire rack to cool completely.

Notes:

- I used Arrowhead Mills™ Organic Gluten-Free All Purpose Flour (made with rice and tapioca flours) & Clabber Girl® Baking Powder. The rice and tapioca flours create a chewy, mochi-like textured muffin.
- I don't mash the bananas well. I leave it in small clumps so there's bits of banana inside the muffins.
- I used parchment baking cups because these muffins tend to stick to regular cupcake liners. I used Paper Chef® Culinary Parchment Large Baking Cups found at either Target® or Safeway® stores.

