

Integrative Health Institute

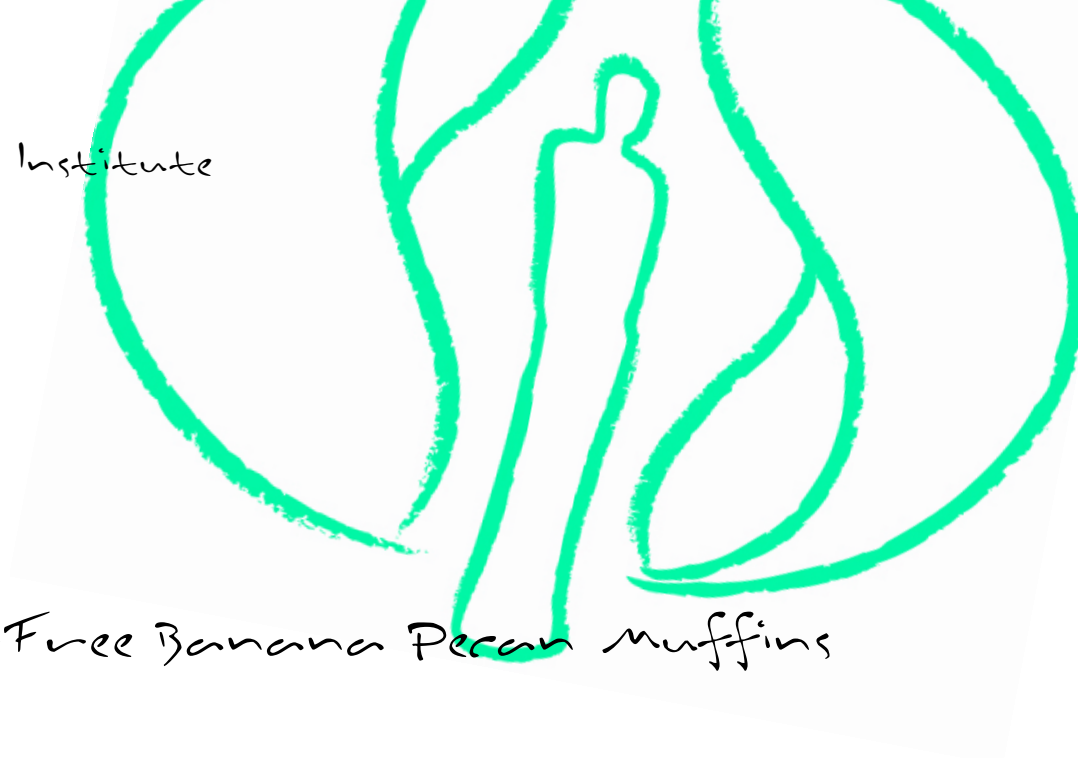
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Erin's Gluten-Free Banana Pecan muffins

Created By: Erin Wiley

Makes 1 dozen

Ingredients:

- 1.5 cups of Brown rice flour
- 1 tsp of guar gum or xanthum gum
- 1 tsp baking soda
- 1/3 cup of coconut oil or 1/2 cup of softened butter
- 1 cup of sugar
- 1 large egg
- 2 tsp of vanilla
- 3 medium sized ripe banana's mashed
- 1/2 cup of pecans

Directions:

- Preheat oven to 350 degrees
- Prepare muffin cups
- Combine flour, guar gum, salt, baking soda, and nuts in a bowl and mix well
- In a separate bowl, mix oil or butter and sugar
- Add egg, vanilla, and banana to oil mixture
- Mix the dry and moist ingredients together
- Fill muffin cups 2/3rds
- Bake for 20-25 min, test with a tooth pick

Special Notes: