



BANANA PANCAKE BITES

SERVES: 12 (2 muffins each) Prep Time: 10 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving): 1 1

1½ cups **gluten-free all-purpose flour**
 (preferably Bob's Red Mill® All-
 Purpose Baking Flour, red label)

1½ tsp. **baking powder**

½ tsp. **sea salt (or Himalayan salt)**

3 **large ripe bananas**

¼ cup **melted coconut oil**

1 **large egg**

3 Tbsp. **pure maple syrup**

1 tsp. **pure vanilla extract**

SPECIAL EQUIPMENT:

Nonstick 24-cup mini-muffin tin

Nonstick cooking spray

- 1.** Preheat oven to 375° F.
- 2.** Coat mini-muffin tin with cooking spray. Set side.
- 3.** Combine flour, baking powder, and salt in a large mixing bowl; whisk to blend. Set aside.
- 4.** Place bananas, coconut oil, egg, maple syrup, and extract in a blender; cover. Blend until smooth.
- 5.** Add dry mix to blender; cover. Blend until smooth and lumps are gone.
- 6.** Divide batter evenly among muffin cups.
- 7.** Bake 12 to 15 minutes, rotating once halfway through, until a toothpick inserted into center of muffin comes out clean.
- 8.** Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTES:

- If you have trouble removing muffins from the pan, use a butter knife to loosen them around the edges.
- If you do not have a nonstick mini-muffin tin, use mini-muffin liners to avoid sticking.
- Make sure to count for your Yellow Containers (Carbohydrates) when using maple syrup for dipping.

NUTRITIONAL INFORMATION (per serving): Calories: 144 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 18 mg Sodium: 12 mg Carbohydrates: 23 g Fiber: 1 g Sugars: 5 g Protein: 2 g

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Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.