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Recipe:

Gluten-free banana muffins

Ingredients:

1 x egg
75 g of brown sugar
90 ml of organic rice drink with coconut
3 x tablespoons of Greek yogurt
50 ml of oil
185 g of gluten-free flour
10 g of tartaric baking powder
3 x bananas



Difficulty:



General description and procedure:

- Mix the egg and brown sugar.
- Add rice drink, oil and Greek yogurt.
- Stir in flour and baking powder to form a dough.
- Mash the bananas with a spoon, and finally mix them into the dough.
- Using 2 spoons, fill the muffin tin with the resulting mixture.
- Bake in a preheated oven at 200 °C for about 20 minutes.