

Banana, Miso & Walnut Muffins

Makes 12

Ingredients

1/2 cup brown rice flour

1/2 cup buckwheat flour

1 cup almond meal

2 teaspoons baking powder

3 eggs

1/4 cup macadamia oil or light Extra Virgin Olive Oil

2 mashed bananas

1/3 cup maple syrup

1/4 cup shiro miso paste (if you're new to miso or the brand you use is quite strong stick to 2 tablespoons)

1/2 cup walnuts, roughly chopped

1 tablespoon sesame seeds (optional to sprinkle on top)



Preheat the oven to 180°C and line a muffin tray with cases or oil. Combine the flours, almond meal, and baking powder in a bowl. In a separate bowl combine the eggs, oil, bananas, maple syrup and miso paste and whisk. Add the wet ingredients to the dry ingredients and then add the walnuts and stir through. Spoon mixture evenly between muffin holes, top with sesame seeds if using and bake for 20-25 minutes or until just browned on top. .