

# Strawberry Banana Muffins



These fruity gluten-free muffins are easy to whip up and only have a few ingredients. Best of all, they can be customized however you like! Swap the mashed bananas in the recipe for applesauce. Switch out the strawberries for blueberries, raspberries, or even diced peaches. Don't have a problem with gluten? Use all-purpose wheat flour instead. Any way you mix it, these vegan muffins are lite and delicious!

Ready in **35 minutes**

Makes **6 muffins**

## Special Tools

- Muffin pan

## Ingredients

- 1 ¼ cups gluten-free baking flour (I used this brand)
- ⅔ cup cane sugar, or vegan sweetener of choice
- ¼ tsp sea salt
- 2 tsp baking powder
- 1 ripe medium sized banana, mashed (should equal ½ cup of mashed fruit)
- ½ cup strawberries, diced
- ½ cup seltzer or soda water
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Vegetable oil or vegan butter of choice (I used grapeseed oil)

## Preparation

1. Preheat your oven to 350 degrees F.
2. Add all dry ingredients to a mixing bowl and whisk until well combined. Add Mashed bananas, soda water, and vanilla extract and whisk until a smooth batter is formed.
3. Evenly coat the cavities of your muffin pan with a light layer of oil. Use a ⅓ cup to portion batter into muffin cavities. Evenly portion the diced strawberries onto the batter in each muffin. This will prevent them all from sinking to the bottom of the muffin during the baking process.
4. Place the muffin tin into the center rack of the oven and bake for 25-30 minutes, until the surface of the muffins are golden brown and a toothpick or knife inserted into the middle of the muffin comes out clean. Allow to cool for about 10 minutes before serving with vegan butter, or your favorite nut butter or jam.