

BUCKWHEAT CARROT BANANA MUFFINS

Prep time 10 mins	Cook time 25 mins	Total time 35 mins
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Ingredients

- 1 1/2 cups buckwheat grouts
- 2 tsp cinnamon
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 1/2 grated/shredded carrots (you could use zucchini too)
- 1/2 cup honey or maple syrup or ¼ cup sugar plus 1/8 cup of water or ¼ cup of applesauce [if you are sugar free use the applesauce]
- 1 mashed banana
- 1/2 cup olive oil or coconut oil

Instructions

1. Preheat oven to 350 degrees Fahrenheit
2. Line a muffin pan with liners or grease bottoms with olive oil or butter (leaving sides ungreased will allow the muffins to grow higher in the oven)
3. Scoop 2 cups buckwheat groats into blender & grind to a flour (note that they grind super easily and provide a fresher muffin). Pour into a large bowl.
4. Add cinnamon, sea salt, baking soda, baking powder, and sweetener if dry to bowl and mix together
5. Add shredded carrot to dry ingredients and combine
6. In medium sized bowl combine sweetener (if liquid), mashed banana, and oil.
7. Add wet ingredients to dry ingredient and mix just until combined
8. Bake for 25 minute
9. Remove and let cool to touch

Buckwheat is really a grass; therefore it is a gluten free grain. It is a staple in Himalayan countries like India. Buckwheat is a high protein grain similar to spelt, but it is limited in the amino acid tryptophan. It is a very good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, iron, zinc, selenium, & potassium. It also contains phytochemicals which act as antioxidants in the body.

Note: I don't know who the original author of this recipe is. I received it from a friend and adapted it.