

BUCKWHEAT CARROT BANANA MUFFINS

Prep Time	Cook Time	Total Time
10 min	25 min	35 min

Recipe makes one dozen muffins

Ingredients

- 1½ cups buckwheat groats
- 2 tsp cinnamon
- 1c ground walnuts (optional)
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1½ grated/shredded carrots (you could use zucchini too)
- ¼ cup honey or maple syrup or ¼ cup sugar plus 1/8 cup of water or ½ cup of applesauce [if you are sugar free use the applesauce]
- 1 mashed banana
- 1/3 cup milk alternative (coconut, almond, rice)
- 1/2 cup olive oil or coconut oil

Instructions

1. Preheat oven to 350°F
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 1½ 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, walnuts (if desired), & sweetener (if dry) to bowl & mix together
5. Add shredded carrot to dry ingredients & combine
6. In medium sized bowl combine sweetener (if liquid), mashed banana, & oil.
7. Add wet ingredients to dry ingredient & mix just until combined
8. Scoop into muffin tin
9. Bake for 25 minutes
10. 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 and support immunity.

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