

Gluten-Free Raspberry Almond Muffins Recipe

Makes 12 Muffins

Ingredients:

1 cup rice flour
1 cup almond meal
1 tbsp gluten-free baking powder (Clabber Girl or Rumford Brands)
¼ tsp kosher salt
1 ripe banana
3 eggs
¼ cup canola oil or olive oil
1 cup milk
1 cup frozen raspberries
¾ cup of raw, sliced almonds

Directions:

Preheat oven to 400 degrees.

In medium bowl whisk together flour, meal, baking powder, and salt and set aside.

In a large bowl, mash up banana with a fork, then add eggs, oil and milk. Slowly add the dry ingredients, being careful not to "over mix".

Then add raspberries, mix just to combine. Portion out into a muffin tin fitted with paper liners, and fill about ¾ of the way. Top with 1 tbsp of almonds.

Bake until golden brown and a toothpick comes out clean.
About 15-20 mins.

Once cooled, muffins can be stored in a zip-lock bag and placed in the freezer. Will keep for 1 month.