



Gluten Free Banana Muffins

 **SERVINGS** image not found or type unknown

12

 **COOKING TIME** image not found or type unknown

20 minutes

Made with simple ingredients, Gluten Free Banana Muffins are moist, lightly sweetened, and can be made within 30 minutes. Whether you're looking for a gluten free baked good or a delicious way to enjoy ripe bananas, this recipe is a must try.

Ingredients

- 1 1/2 Cup(s) plus 2 tablespoons [Quaker® Gluten Free Quick 1-Minute Oats, uncooked, divided](#) (or 4 pouches of Quaker Gluten Free IQO)
- 1 Cup(s) multi-purpose gluten free flour blend
- 1 Teaspoon(s) gluten free baking powder
- 1 Teaspoon(s) ground cinnamon
- 1/2 Teaspoon(s) Salt
- 1/2 Cup(s) firmly packed brown sugar
- 1 Cup(s) mashed ripe banana (about 2 large)
- 1/2 Cup(s) non-fat milk
- 1/4 Cup(s) Canola Oil
- 1 Large egg, lightly beaten
- 1/2 Cup(s) chopped, toasted walnuts

Cooking Instructions

1. Heat oven to 400°F.
2. Line 12 medium muffin cups with paper baking cups or lightly spray muffin cups with cooking spray.
3. In large bowl, combine 1 1/2 cups oats, flour blend, baking powder, cinnamon and salt; mix well.
4. Add sugar; blend well. In small bowl stir together banana, milk, oil and egg.
5. Add to oat mixture; stir until dry ingredients are moistened.
6. Stir in nuts.

7. Divide batter among muffin cups, about 1/3 cup batter per cup.
8. Sprinkle with remaining oats.
9. Bake 18 to 20 minutes or until golden brown.
10. Cool muffins in pan on wire rack 5 minutes; remove from pan.
11. Serve warm.