

Green Buckwheat Muffins

Gluten-free, dairy-free, egg-free

I love this easy and quick recipe! As you can tell I am obsessed with green buckwheat. If you have not tried this amazing seed in baking or cooking, you are missing out! Rich in nutrients and healthy fiber, it is my go-to when I am craving something baked!



Ingredients:

- 1.5 cups of green buckwheat flour
- 2 bananas
- 1/2 cup water or coconut milk
- 2 tbsp monk fruit sweetener
- 2 tbsp. cocoa (or carob – optional)
- 1 tbsp Avocado oil
- juice of half a lemon
- 1 tsp baking soda

Directions:

1. Add all the ingredients (except for baking soda and lemon juice) into a blender and blend on high speed.
2. Add lemon juice to baking soda and mix well; let it foam.
3. Add it to the blended dough and gently mix it in.
4. The consistency of the dough looks like thick sour cream.
5. Add nuts or dried fruits, pieces of chocolate afterward.
6. Fill the muffin molds 3/4 and bake at 170 ° for about 15 minutes.
7. Check readiness with a toothpick.

*If you use maple syrup as a sweetener, just add a little bit less water so the dough does not come out runny!