



1	Tbsp ground flax seed
2 1/2	Tbsp water
1 1/2	cups all purpose gluten-free flour
1	tsp xanthan gum
1/2	cup white sugar
1	tsp GF baking powder
1	tsp baking soda
1/2	tsp salt
3	very ripe bananas, mashed, about 1 1/4 cups
1/3	cup margarine or butter, melted
3/4	cup fresh, frozen or dried cranberries or combination

- Whisk water into flax seed in a small bowl and let sit while preparing rest of ingredients (at least 5 minutes) until thickened.
- Sift flour, xanthan gum, sugar, baking powder, baking soda and salt in a bowl.
- Stir flax mixture and margarine into bananas until blended then pour over sifted dry ingredients..
- Add chocolate chips or nuts and mix until evenly distributed.
- Fill paper-lined muffin pans using a 1/4 cup measure or a 2 1/4 ounce scoop. You may want to garnish muffins with a chocolate chip or walnut if you made those additions.
- Bake at 365°F for 25 minutes until muffin springs back when lightly touched.

Makes 9 large muffins or 30 mini muffins

Variation: Chocolate Chip

Substitute 1/2 cup chocolate chips or walnuts for cranberries



Substitute 1/2 cup Splenda for the white sugar.

When bananas turn black and withered, don't throw them out. They may look unappetizing but they will be perfect for muffins.