

## *Buckwheat Banana Walnut Muffins*

**Posted:** January 13, 2016 by Renée Altman  
And adapted here slightly by Kathryn Toure,  
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*Yields 18 muffins*

- ½ cup coconut sugar (or ¼ cup xylitol and ¼ coconut sugar)  
(I suggest **coconut palm sugar, organic**)
- 1/3 cup avocado oil or melted **coconut oil**
- 2 free range **eggs**
- 3 (or more, I used about 5) large ripe **bananas** (as bananas get old, peel and keep in freezer in plastic bag or glass container, and you will have them on hand when needed)
- ½ cup unsweetened almond **milk** (or other milk alternative)
- 2 teaspoons vanilla extract (optional)
- 1 cup **buckwheat flour**
- 1 cup oat flour (I prefer **almond flour**)
- 1 teaspoon **baking powder**
- ½ teaspoon **baking soda**
- 1 teaspoon **cinnamon**
- Pinch of salt
- ½ cup raw **walnuts, chopped**
- 1/3 cup chocolate chips – optional (dairy free)



1. Preheat oven to 350°F.
2. Line muffin tins with paper cups – I Kathryn prefer olive oil spray for tins, else, if not available, oiling and then flouring the tins.
3. With a mixer (or why not by hand adds Kathryn), combine your eggs, banana, unsweetened coconut milk, sugar and vanilla (expensive and not that necessary) and mix until combined – scraping the sides of the bowls to ensure everything is mixed together.
4. Add in your flours, baking powder, baking soda, cinnamon and salt and mix until just combined. Fold in chopped walnuts. Save a few to sprinkle on top of each muffin if you so desire (but more work and not that necessary).
5. Pour your mixture into your prepared muffin tins and place into your preheated oven.
6. Bake for 18-20 minutes or until cooked through (use the toothpick test; do not overcook).

**Enjoy!**

**Delicious dairy and gluten free banana muffins made with buckwheat flour. These muffins are a quick and easy snack or a great addition to your breakfast.**

*Interesting facts about Buckwheat:*

- *Despite the name, buckwheat like quinoa and millet and does not contain wheat or gluten. It is rich in magnesium, copper, manganese, iron and phosphorus, although does not contain any significant amount of vitamins.*
- *Compared to other grains, the minerals in cooked buckwheat groats are particularly well absorbed. This is because buckwheat is relatively low in phytic acid, a common inhibitor of mineral absorption found in most grains. I encourage soaking buckwheat grains before consumption to reduce any phytic acid in the buckwheat.*
- *Consumption of buckwheat may moderate blood sugar levels, making it a healthy food choice for diabetics.*
- *Buckwheat provides various plant compounds and is richer in antioxidants than many common cereal grains. The plant compounds found in buckwheat include rutin, quercetin, vitexin and D-chiro-inositol.*

I (Renée) created my own sprouted buckwheat flour by soaking the groats for 8 hours and dehydrating for 8-10 hours, then in a high-powered blender, and ground them into a flour. A somewhat tedious process, but of course you can purchase [buckwheat flour](#) at any natural foods store.