



Blueberry Chickpea Flour Muffins

Shine **365**
Marshfield Clinic

PREP TIME: 15-20 minutes • COOK TIME: 15-20 minutes • SERVINGS: 6 muffins

INGREDIENTS

- 1 cup chickpea flour
- ¼ cup brown sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 large egg, lightly beaten
- ½ cup banana, mashed (about one banana)
- 3 tablespoons oil
- ½ cup blueberries, fresh or frozen

INSTRUCTIONS

Preheat oven to 375 degrees F and lightly grease or line muffin tin with liners.

In medium bowl, combine all dry ingredients and whisk together.

In large bowl, combine egg, mashed banana and oil. Pour dry ingredients into wet and stir until moistened. Fold in blueberries.

Pour batter into six muffin cups and bake for 15-20 minutes, until tops are set and lightly browned and a bit of pressure on the top doesn't make a dent.

Let cool on wire rack.

NUTRITION INFORMATION

Each serving contains about 192 calories; 24 g carbs; 9 g fat; 5 g protein; fiber; 280 mg sodium; 15 g sugar.