

Featured Recipe

Banana Blueberry Muffins

Ingredients:

- 1/2 cup butter or non-dairy substitute like Earth Balance Shortening or Buttery Sticks
- 1/2 cup granulated cane sugar
- 2 eggs
- 1/2 cup sour cream or non-dairy substitute like Tofutti Sour Supreme
- 1 cup mashed ripe banana (approximately 2 bananas)
- 1 tsp. gluten-free vanilla extract
- 1 1/2 cups Jules Gluten Free™ All Purpose Flour (= 1 sample packet)
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. cinnamon
- 3 Tbs. flaxseed meal (optional, but recommended)
- 1 1/2 cups fresh or frozen blueberries



Directions:

Preheat oven to 350 F (static) or 325 F (convection).

Cream the butter and sugar until the mixture is light and fluffy. Add the eggs and vanilla and beat well. Mix in sour cream and bananas until well blended.

In a separate bowl, whisk together all the dry ingredients then add gradually into the wet mixture until thoroughly mixed. Lastly, gently stir in the blueberries.

Spoon batter into oiled muffin tins, filling 2/3 full. Bake for 30 minutes or until lightly browned. Cool before removing from tins. Makes approximately 16 muffins.