



THE J.M. SMUCKER CO.

Flourless Banana Walnut Muffins

Prep Time **Cook Time** **Serves** **Difficulty**

15 mins 22 mins 12 N/A

Ingredients

- 3 ripe bananas, mashed
- 3 eggs, separated
- 1/4 cup (50 mL) sugar
- 1/4 cup (50 mL) butter, melted
- 1 tsp (5 mL) vanilla
- 3 cups (750 mL) **Robin Hood®** Almond Flour

Robin Hood® Almond Flour (Gluten Free)

- 1 tsp (5 mL) cinnamon
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) toasted walnuts, chopped

Directions

Step 1:

Preheat oven to 350°F (180°C). Line 12 muffin pans with paper liners.

Step 2:

Beat egg whites until foamy. Gradually add sugar and beat until stiff peaks form. Set aside. Meanwhile, combine bananas, egg yolks, melted butter and vanilla in large bowl. Mix in dry ingredients. Fold egg whites into batter until incorporated. Add walnuts if using. Scoop into prepared pans. Bake in preheated oven 20-22 minutes or until golden.

Images

