

6. Recipe - Cassava Flour Banana Muffins

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Ingredients (Makes 12 muffins):

- 1 cup cassava flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon (optional)
- 1/4 tsp salt
- 3 ripe bananas (mashed)
- 2 large eggs
- 1/3 cup melted butter or coconut oil
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1/4 cup milk (dairy or plant-based)

Optional Add-Ins:

- 1/2 cup chocolate chips
- 1/4 cup chopped nuts (like walnuts or almonds)
- 1/4 cup raisins or dried cranberries

Instructions:

1. Preheat the oven:

- Preheat your oven to **175°C (350°F)**.
- Line a muffin tray with paper liners or lightly grease it.

2. Mix the dry ingredients:

- In a bowl, whisk together the cassava flour, baking powder, baking soda, cinnamon, and salt.

3. Prepare the wet ingredients:

- In a large mixing bowl, mash the ripe bananas until smooth.
- Add the eggs, melted butter (or coconut oil), honey (or maple syrup), vanilla extract, and milk. Mix until combined.

4. Combine wet and dry:

- Gradually fold the dry ingredients into the wet ingredients. Stir gently until the batter is smooth. Avoid overmixing.
- If using chocolate chips, nuts, or raisins, fold them in at this stage.

5. Fill the muffin cups:

- Scoop the batter into the muffin tray, filling each cup about 3/4 full.

6. Bake:

- Bake for **18-20 minutes**, or until a toothpick inserted into the center comes out clean.

7. Cool and serve:

- Let the muffins cool for 5 minutes in the tray, then transfer to a wire rack. Serve warm or at room temperature.

Why These Muffins Are Perfect for Kids:

- Naturally sweetened with bananas and honey (or maple syrup).
- Cassava flour makes them **gluten-free** and easy to digest.
- They're soft, fluffy, and delicious, making them ideal for breakfast, lunchboxes, or snacks.
- Optional chocolate chips or dried fruit add a fun twist kids will love.

These muffins are a **nutritious treat** for children and super easy for moms to whip up. You can store them in an airtight container for up to 4 days or freeze for later.