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Low FODMAP and Gluten Free Banana Choc Chip Muffins

Posted on April 07, 2022







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As we begin to move into the cooler months, what a better time than now to start bringing out some warm and delicious dessert and snack recipes. And this one will not disappoint! Enjoy them warm with some ice cream (gluten free and lactose free if required of course) or by itself as a snack. Either way you'll want to go back for seconds!

Taking only 15 minutes to prepare and 15 minutes to cook with only 7 ingredients, this recipe is one of the simpler ones to make, so would be a perfect opportunity to get the kids and family involved in!

Traditional muffins typically utilise gluten containing flours along with lactose containing milk. By substituting the flour for White Wings gluten free self-raising flour and substituting the milk for Liddells lactose free milk, this recipe is now able to be enjoyed by the general population, individuals with coeliac disease or gluten intolerance as well as those following the low FODMAP diet!

The recipe produces roughly 12 muffins (depending on patty pan size). Whilst muffins are very addictive and you want to go back for seconds, thirds etc., keep in mind that 2 muffins are considered 'low in FODMAP', and that excess consumption may trigger uncomfortable symptoms. Otherwise eat and enjoy!

Low FODMAP and Gluten Free Banana Choc Chip Muffins

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 12

Ingredients:

2 cups of White Wings gluten free self raising flour (https://fodmapfriendly.com/fodmap_products/white-wings-gluten-free-plain-flour/) (if unable to source, any gluten free self-raising flour is sufficient)

1/2 cup of Liddells lactose free milk (https://fodmapfriendly.com/fodmap_products/liddells-lactose-free-whole-milk/) (if unable to source this brand, any lactose free milk is sufficient)

2 x bananas

2 x eggs

100g dark chocolate drops

50g butter (melted)

½ cup white caster sugar

Method:

1. Preheat oven to 200°C and allow to warm while preparing all the ingredients.
2. In a bowl, sift the flour and sugar and combine.
3. In a separate bowl, mash the banana until soft. Add the milk, eggs and melted butter and stir until well combined.
4. Gradually add the wet ingredients to the dry ingredients. Gently mix the batter until uniform in texture and consistency.

5. Add the chocolate drops to the batter, and gently fold in.
6. Line a muffin tray with patty pans. With a spoon, gently transfer the batter into each patty pan so it is roughly 3/4 full. Ensure that all filled patty pans are similar in size.
7. Place muffins into the oven and bake for 15-20 minutes or until golden brown. To test if cooked, poke a skewer through the centre of the muffin.
8. Allow muffins to cool for 3-5 minutes before removing from muffin tray.
9. Eat and enjoy!

Use our FODMAP Friendly App (<https://fodmapfriendly.com/app/>) to find low FODMAP substitutes for any ingredient!



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