

Wild Blueberry Mini Muffins

Ingredients:

¼ cup white chia seeds
1 cup mashed banana
½ cup gluten-free oat flour
½ teaspoon baking powder
¼ teaspoon sea salt
¼ cup maple syrup
1 tablespoon lemon juice
½ cup frozen wild blueberries

Directions:

Preheat the oven to 375°F.

Place the white chia seeds in the blender alone and blend them on high until finely ground. Add the mashed banana, oat flour, baking powder, sea salt, maple syrup, and lemon juice into the blender and blend until smoothly combined into batter.

Pour the batter into a bowl and stir in the frozen wild blueberries. Line a mini muffin pan with 16 mini parchment baking cups and fill each with 1 heaping tablespoon of batter.

Place the mini muffin pan into the oven and bake for 20 minutes until the tops of the muffins are turning golden brown and an inserted toothpick comes out clean.

Remove the muffins from the oven and allow them to cool before eating. They will continue to firm up inside as they cool.

Makes 16 muffins