

Buckwheat Banana Muffins sweetened with Dates

12-16 muffins

Dairy free, wheat free, no added sugar

Preparation time: 35 minutes

baking time: 20 minutes



This is one of my “It would be better for you to eat this than if you didn’t”, recipes.

- 8oz (230g) about 10 large medjool dates, pitted =6.5 oz (184g)
- ½ cup (125mL) boiling water
- 1½ cups (230g) light buckwheat flour
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 2 very ripe bananas, or so, to equal 1 cup (240g)
- 1 Tbsp lemon juice
- ½ cup (120g) coconut oil, solid coconut oil, melted, or other neutral plant oil like avocado
- 2 large eggs
- 1 tsp pure vanilla extract
- ½ cup (125mL) water
- 1½ cup (225g) fresh (organic) blueberries, optional

Soak the pitted dates in the ½ cup boiling water for about half an hour until soft. You don’t have to chop them up, just in half is fine.

Keep the water. Do not drain.

Oven 350°F (180°C)

Put the bananas and lemon juice in a deep bowl, and purée using a hand blender. Or mash the bananas well.

Combine flour, baking soda, baking powder and salt.

Process the pitted dates in a food processor or blender *with the soaking water* until smooth.

Blend with the oil, eggs, puréed banana, vanilla and water.

Transfer to a large bowl and combine the dry ingredients with the wet ingredients, just until moistened, or at least do not over mix.

Fold in the blueberries if using.

Spoon into lined or greased muffin tins

Bake at 350°F (180°C), 15-20 mins

Makes 12 without blueberries, 16 muffins with blueberries.

For a loaf pan, bake for 45 minutes.

