

Banana, Sesame and Cardamom Muffins



Banana bread is a classic, but this muffin version offers a unique and delightful twist. Perfect for a snack or to pair with a bowl of Greek yogurt for breakfast, these gluten-free muffins subtly combine sesame and cardamom for an explosion of flavours. Their soft, moist texture is so surprising that you'd hardly guess they're gluten-free.

Preparation 10 min

Cooking 30 min

Servings 12

Nutrition Facts (per serving)

Calories 220

Fat 6

Carbohydrates 35

Fibre 4

Protein 6

Sodium 120

Ingredients

- 250 ml (1 cup) all-purpose flour (gluten-free, if needed)
- 180 ml (¾ cup) quick oats
- 80 ml (? cup) almond flour
- 60 ml (¼ cup) semi-sweet dark chocolate chips

- 15 ml (1 tbsp) sesame seeds
 - 15 ml (1 tbsp) psyllium husk powder
 - 10 ml (2 tsp) baking powder
 - 5 ml (1 tsp) cinnamon
 - 2.5 ml (½ tsp) baking soda
 - 2.5 ml (½ tsp) ground cardamom
 - Pinch of salt
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- 3 large ripe bananas, mashed
 - 125 ml (½ cup) liquid egg whites
 - 80 ml (? cup) skim protein milk (such as Fairlife or Lactantia UltraPur)
 - 80 ml (? cup) tahini (sesame butter)
 - 60 ml (¼ cup) honey
 - Sesame seeds, for garnish

Preparation

1. Preheat the oven to 350°F (180°C). Line 12 muffin tins with paper or silicone liners.
2. In a bowl, mix all the dry ingredients.
3. In a second bowl, mix all the wet ingredients. Add the wet mixture to the dry ingredients and stir until well combined. Divide the batter evenly among the muffin tins and sprinkle with sesame seeds if desired.
4. Bake for 25 to 30 minutes or until a toothpick inserted comes out clean. Let cool on a wire rack before serving.

Notes

Keeps for 7 days in the fridge or up to 3 months in an airtight container in the freezer.



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