

Edible Perspective

8.6.14

Chocolate Chip Banana Muffins with Brown Butter Banana Streusel Topping gluten-free // yields 12-14 standard muffins

for the topping:

- 2 1/2 tablespoons softened brown butter
- 2 1/2 tablespoons well mashed banana
- 1/4 cup + 3 tablespoons gluten-free rolled oats
- 1/4 cup + 3 tablespoons gluten-free oat flour
- 1/4 cup muscovado sugar, *or brown sugar*
- 1/2 teaspoon cinnamon
- pinch of salt

for the muffins:

- 1 cup gluten-free oat flour
- 3/4 cup raw buckwheat flour
- 1/2 cup + 2 tablespoons almond meal
- 2 1/2 tablespoons ground flax meal
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup + 2 tablespoons well mashed banana
- 6 tablespoons 2% milk
- 6 tablespoons honey
- 4 1/2 melted brown butter, *slightly cooled*
- 3/4 – 1 cup dark chocolate chips

Preheat your oven to 350* F and thoroughly grease a 12 tin standard muffin pan with butter or use liners.

In a bowl combine all of the ingredients for the streusel topping. Mash with a fork for a minute or so until it all comes together and turns into a very thick, paste-like dough. Set aside.

In a large bowl combine the flours, almond meal, flax, cinnamon, baking powder, soda, and salt. Stir well. In another bowl whisk together the eggs, banana, almond milk, honey, and vanilla until fully combined. Whisk in the butter and pour the wet mixture into the dry bowl. Whisk or stir until just combined [when you no longer see dry flour].

Fold in the chocolate chips then scoop the mixture into the muffin tin until each mold is just over 3/4 the way full. Using your fingers drop little dots of the topping mixture onto the top of each muffin until you've used it all. Place muffin tins in your oven and bake for 20-24 minutes until golden brown around the edges and a toothpick comes out clean.

Let cool in the pan for 15 minutes then slide a knife around the edge and place on a cooling rack until fully cooled. Serve or store in a sealed container for 3-4 days. *For the best texture allow muffins to fully cool.*

notes: I recommend grinding your own buckwheat flour at home with [raw groats](#) [pale yellow/green color] for a lighter flavor. You can grind them in a blender, food processor, or coffee grinder until flour-like in texture. Sift if needed and store in the fridge. Regular buckwheat flour will work but the flavor will be more pronounced. Regular butter or can be subbed instead of the brown butter if desired. **To make this dairy free:** Use almond or soy milk instead of 2% and use coconut oil in place of the brown butter.

How to make Brown Butter: Heat a light colored saucepan [so you can see the brown bits] over medium/medium-low heat with 1 stick of butter cut into tablespoon sized pieces. Let melt then start whisking constantly. While you whisk the butter will start to foam, then simmer, then turn clear, and then foam a bit more and eventually little brown bits will start to show up after a few minutes. When brown bits start to form remove the pan from the heat and continue to whisk for another 20 seconds. Pour into a jar, let cool to room temperature, and then refrigerate or use in its liquid form. You'll definitely be able to see and smell [very rich and nutty] when the butter starts to brown. If you're using higher temperature or leave it on the burner for too long it will burn. You want golden brown liquid, not at all blackened.