



Buckwheat Butternut Squash Muffins

12 servings

30 minutes

Ingredients

- 1 Banana (very ripe)
- 1 cup Butternut Squash (cooked and pureed)
- 1/4 cup Maple Syrup
- 1/4 cup Soy Milk
- 1/4 cup Coconut Oil (melted)
- 1 Egg (at room temperature)
- 1 cup Buckwheat Flour
- 2 tbsps Coconut Flour
- 2 tbsps Ground Flax Seed
- 2 tsps Baking Powder
- 1 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Nutmeg
- 1/2 tsp Sea Salt
- 1/4 cup Pecans (optional - chopped for topping)

Nutrition

Amount per serving	
Fat	7g
Carbs	17g
Fiber	3g
Sugar	6g
Protein	3g

Directions

- 1 Preheat oven to 350F. Grease 12 muffin cups (or line your tray with silicone or paper muffin cups).
- 2 Purée the banana. In a medium bowl, mix in the rest of the wet ingredients: pureed butternut squash, maple syrup, soy milk, egg, and melted coconut oil. Add the pureed banana and mix well.
- 3 In a separate bowl, mix together the dry ingredients: buckwheat flour, coconut flour, flaxseed, baking powder, spices and salt.
- 4 Add the dry ingredients to the wet ingredients and mix until just blended.
- 5 Divide the mixture between the twelve muffin containers. Optional: Sprinkle with chopped pecans.
- 6 Bake for 20 minutes or until wooden pick inserted in the center comes out clean. Let cool and enjoy!

Notes

No Butternut Squash: Use pumpkin puree instead.

No Soy Milk: Use any milk or yogurt or kefir.

No Coconut Oil: Use avocado oil or melted ghee.

Serving Size: Nutrition data is per muffin. Serving size can be 1 or 2 muffins.