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Good Morning Banana Muffins, gluten free

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There's a part of me that delights in waking up early. I mean ***really*** early. Like rising before the sun early. I've always been a morning girl. More productive, more peaceful and seeking my purpose early in the day. I think it's the brand newness, the crispness of another opportunity to, just once, get this thing called womanhood right.

Or perhaps it's the mercy, ***HIS mercy***, starting over in the sunrise of a new day, another chance to live His way. In fact, that's a prayer I came up with and taught to my girls so they remember each day's opportunity to live in His holiness…

Dear God, Thank you for another day, another chance to life Your way. Amen

I suppose the appeal in rising before the sun is more about rising with a new awareness of The Son, The Savior and seeking His calling on that one day. Might I get the chance to speak truth to someone? Or perhaps I find a purpose in an interaction with a neighbor, a child…my child. Actually, purpose is usually found in little moments between the big ones. And tuning in to the Savior as the sun rises simply makes me notice more of those during the day.

That's why I revel in my morning's refreshment, getting my mind and spirit right with Him!

But now, you see, mornings mean even more. I'm not able to wake up quite as early as I used to since I find myself up a bit later at night meeting the next day's needs or spending sweet time talking with my love, my new husband. **(here's a tinsy bit of background)** **[1]**

Yeah…still sounds delightfully strange to say, 'my new husband'. Evenings are a time when we can find a few quiet moments to recap the day, refresh our spirits with each other or wrap our minds up in a meaningful devotion.

But then the morning arrives soon as I allow myself to sleep with him until his alarm calls him to duty as a detective. If I rise as early as I used to, I might miss that small moment to tune into the day with him. Besides, I don't want to be too busy to see him off, offer a simple smile or linger with him just a little before he prepares his police belt with protection—protection for himself and the citizens he

serves.

In our short time living together since we were married two months ago, he’s already been called a few times in the middle of night or wee hours of the morning. Maybe it’s something most don’t consider when they think about the men and women who serve. But, the need for them doesn’t end when the darkness falls on our peaceful heads.

Either way, so far on those mornings I don’t dose back off. I could linger alone, spread out in bed basking in a few more hours of sleep. But my mind won’t let me knowing where he’s going. Of course, he says it’s no big deal, just part of his duty and urges me to go back to sleep. But I know different...his job IS a big deal.

That's why I see those mornings as opportunities. They offer extra time to find a new kind of morning peace as my purpose is placed in prayers for my husband while serving my sweet family.

Here's what happened at 4am after the most recent time when my brave husband was called to duty and I couldn’t go back to bed: Banana muffins for the sleeping girls to wake up to.

Thank you, my brave husband, for inspiring that early morning's warm banana muffins. And thank you for the hard work you do that so few seem to see. I'm proud of you and honored to be your wife!

Oh, and I'll always save you some!

Recipe category

Food Fit for the Morning [2]
Snacks and This & That [3]

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Ingredients

- 1 cup gluten free oat flour
- ¼ cup millet flour
- (you may substitute the oat and millet flour for 1 ½ cups of any gluten free flour blend. I like Bob's Red Mill personally)
- ¼ cup coconut flour
- ¼ cup almond flour/meal
- 1 teaspoon baking soda
- ¼ teaspoon natural salt (such as Celtic Sea or Pink Himalayan)
- 1 teaspoon cinnamon
- 4 eggs, room temperature (I use organic, cage free)
- 3 smallish ripe bananas, mashed
- 1 teaspoon pure vanilla extract
- ⅓ cup unrefined coconut oil, melted
- ½ cup raw honey (I have also substituted pure maple syrup)
- OPTIONAL add ins: ½ cup chopped walnuts, ½ cup mini dark chocolate chips

Recipe Instructions

- Grease or lightly spray muffin tins with coconut oil or an organic spray. Preheat oven to 350 degrees.
- Put all wet ingredients into a bowl and whisk well. Make sure all the ingredients are well combined.
- In another bowl, whisk all of the dry ingredients together until fluffy and 'sifted' together well.
- Pour wet ingredients into the dry and mix with a wooden spoon or spatula. Mix until just combined, don't over mix. Add optional ingredients like walnuts or mini-dark chocolate chips, and give a quick mix to evenly distribute.
- Scoop the batter into muffin tins, filling them about ¾ of the way.
- I have drizzled a touch of honey on the top of these for a bit of extra sweetness. But, I've also baked them bare. The family devours them either way!
- Bake about 18 minutes, checking towards the end of the time to make sure they aren't becoming too dark around the edges. Tops should be springy and a toothpick inserted should come out with just a few crumbs.
- Remove from oven and let sit in the pan about 3 to 5 minutes then remove to a cooling rack. Serve warm with some butter or, like we did for a little added protein, spread with natural peanut butter or almond butter [4].
- Whatever won't be eaten in a couple of days, freeze.

Featured Image



Gallery


nutiva
coconut oil
Bob's Red Mill
simply Organic
vanilla


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Recipe Description

These are perfect for an easy morning muffin to help your family out of the house with a healthy start. Higher protein than most muffins, lotsa fiber and even a fair share of good fats make these moist muffins nourishing. And, did I mention my success with all five girls loving their taste!?

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