



בשול עם שמחה



Pollenta and Almond Muffin (gluten-free)

These muffins are moist and fruity, easy to make, and a tasty way of using up slightly over-ripe fruit. They are also wheat and gluten-free, so they can be enjoyed by those who are sensitive to gluten in baked goods.

(I made my first two batches with home-made gluten-free baking powder, but Sue tells me that new production of 'Edmonds' brand is now officially gluten-free. If anyone still wants the home-made BP, please ask me.)

Because it uses pollenta (medium-ground corn/maize) plus ground almonds, instead of wheat flour, this recipe also includes mashed bananas and a large amount of fruit pulp. It should be a fairly wet mix. I've always used pureed tinned apricots, but I guess apple puree might work equally well.

As with most muffin recipes - do not over-mix: stop mixing the flour into the liquids when you think one more stir would just do it. This quantity fills two standard 12-cup muffin trays - and I suggest you use paper liners, even with non-stick trays.

Ingredients:

- 3 cups medium-ground Pollenta
- 1 tsp cinnamon
- 1 cup ground almonds (= about 1-1/2 small packets, or two packets, if you like a more almond-ey flavour)
- 2 tsp gluten-free baking powder
- 4 very ripe bananas - mashed
- 1-1/2 cups raw sugar
- 4 eggs
- Fine-grated zest of one lemon
- 1 TBS lemon juice
- 1 tsp vanilla essence
- Bare 1/2 cup Light Olive oil or Grapeseed oil
- About 1 cup fruit pulp (e.g. apricots from large tin, drained, and put through Mouli or processor)
- 2 cups fresh fruit (e.g. chopped apple, or fresh or frozen berries)
- A few sliced almonds or dried apple bits (to sprinkle on top)

Method:

Preheat oven: 180°C.

- ✓ Sift together: pollenta, ground almonds, cinnamon and baking powder (I sift these onto a piece of paper, so I only need one bowl for mixing)
- ✓ In a large bowl, mash bananas and mix in sugar. Add eggs, lemon juice, zest, vanilla, oil, and fruit pulp, and combine.
- ✓ Add dry ingredients to bowl; stir gently together until flour is almost all mixed in, with just a few dry specks remaining. Spoon into lined muffin pans, sprinkle on a few nut flakes, and bake at 180°C, about 25-30 min in fan oven, until partly golden on top, and a toothpick test shows them just set in the middle.

Enjoy..... *Simcha bat Sarah*

(I also have a nice gluten-free orange cake... If readers would like more gluten-free recipes please let me know.)

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