

Fermented Banana Muffins

Makes 12-16 muffins

Equipment Needed:

Bowl and spoon or whisk for mixing
12-cavity muffin tin
Measuring cup and measuring spoons
Cutting board and knife for chopping pecans
Food processor or potato masher for mashing up the bananas

To Make The Muffins:

1/2 cup butter
1 cup organic yellow sugar or sucanat
1/2 tsp vanilla
2-3 overly ripe bananas*, pureed in a food processor or mashed
2 eggs
2 cups spelt flour or 2 ¼ cups brown rice flour)
1 1/2 tsp vinegar
1 tsp cinnamon
1/3 cup milk kefir, yogurt or coconut yogurt
1/2 cup chopped pecans
1 tsp baking soda
1/2 tsp sea salt

Melt the butter (do not let it boil) and put it in a medium size bowl. Add the sugar and stir to let it dissolve. Add the kefir or yogurt and the flour and mix until smooth. Cover the bowl with plastic wrap or a plate and let it ferment in a warm place (75 degrees F.) for at least 8 hours and up to 24 hours. The process can be sped up by using a proofer and setting it 85-95 degrees F.

Once it has fermented, remove the cover and add the vanilla and bananas. Mix well. Scrape the bowl and add eggs. Mix. Add the baking soda, cinnamon and sea salt and mix. Finally add the vinegar and pecans. Mix again. Grease a large 12-cavity muffin tin with coconut oil and dust with flour. Fill each muffin tin cavity to almost full with the batter. Use another muffin tin for the rest of the batter if needed, or re-use this first one when first batch is baked. Bake at 325 degrees F for 20 to 25 minutes.

* Bananas should be black or almost black for the best taste and texture.