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Recipe of the Month

September: Banana Chai Chocolate Chip Muffins

Vegan, low allergen content.

Instead of milk or alternative in this recipe, I've used a cooled herbal chai tea. Steep herbal or rooibos chai tea for 15 minutes and let cool.

Spelt and oats, while they are gluten-containing grains, can be easier to digest than their relative, wheat. Bananas and molasses not only add sweetness to this recipe, but also provide some extra minerals, such as potassium, magnesium, and iron. Coconut oil, a healthy source of plant-based saturated fat, makes these muffins a real treat – soft and almost cupcake-like.

For more healthy fats, add some chopped walnuts (up to ½ cup) as well.

Use organic ingredients as much as possible.

Ingredients

- 1 cup all-purpose whole spelt flour
- ¾ cup rolled oats
- 3 tsp. (1 Tbsp.) gluten-, corn-, and AI-free baking powder
- 1½ tsp. (½ Tbsp.) baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. sea salt
- ½ cup Enjoy Life (allergy-friendly, non-GMO verified brand) mini chocolate chips
- 2 ripe bananas
- ¾ cup herbal or rooibos chai tea, steeped for 15 minutes & cooled
- ¼ cup virgin coconut oil
- ¼ cup un-sulphured blackstrap molasses
- 1 tsp. pure vanilla extract

Directions

Preheat oven to 400F. Lightly grease a 12-cup muffin tin with some coconut oil. Stir together the dry ingredients (flour through chocolate chips) in a medium-large bowl. In a smaller bowl, mash the bananas. Add remaining ingredients to this bowl and stir. Pour wet ingredients into dry and fold together until mixed. Using an ice cream scoop or ladle, fill the muffin tin cups about ¾ full. Redistribute batter as necessary to fill all 12. Bake 16-18 minutes, or until a toothpick comes out clean. Remove from oven and let cool enough to handle, and serve. Try not to eat them all in one sitting.

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(Actually, this is a much-customized variation on a recipe given to me by my mother some years ago.)