Banana Split Muffins (adapted from Detoxinista's Paleo Banana Snack Cake)

When I was a kid, banana splits were a big treat…vanilla ice cream, bananas, peanuts, chocolate sauce and fresh strawberries. This muffin is moist and delicious and is much healthier than a banana split, but offers those same flavours! So good!

INGREDIENTS

- 3 large bananas, mashed (about 1¾ cup mashed)
- 1 cup natural, unsalted peanut butter
- 3 large eggs
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 2 squares dark chocolate (minimum 70% cacao) broken into small pieces
- ¼ cup sliced fresh strawberries
- Coconut oil, for greasing the muffin tins

INSTRUCTIONS

- Preheat the oven to 350F and generously grease a 12-muffin tin with coconut oil.
- In a large bowl, use a fork to mash the bananas as smoothly as possible, though it's okay if there are still a few clumps. Add in the peanut butter, eggs, baking soda, salt, vanilla, and cinnamon and stir well, creating a runny cake-like batter. Fold in the strawberry slices.
- Pour the batter into the greased muffin tins. Top each muffin with a few pieces of the broken chocolate.
- Bake at 350F until the top is golden and the center is firm, about 30 minutes. Allow the muffins to cool in the pan completely before removing. Use a knife to move the muffin away from the tin, gently prying it from the bottom of the pan (perhaps silicone muffin cups would work best, but I haven't tried them yet!)
- These muffins are moist, so for best shelf life store in the fridge for up to 2 weeks (but they won't last that long!)