

Banana Chocolate Chunk Muffins ~ Sarah Roberts

(adapted from Detoxinista's Paleo Banana Snack Cake)

This muffin is moist and delicious and is much healthier than the store-bought kind. This recipe is also grain-free and naturally gluten-free.

INGREDIENTS

- 3 large bananas, mashed (about 1¾ cup mashed)
- 1 cup natural almond butter (I use roasted almond butter, but the recipe also works with raw)
- 3 large eggs (I sometimes use 2 eggs and one chia or flax egg—see note below)
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 2 squares dark chocolate (minimum 70% cacao) broken into chunks

INSTRUCTIONS

- Preheat the oven to 350F and line a muffin tin with paper liners.
- 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 chunks.
- Add in the almond butter, eggs, baking soda, salt, vanilla, and cinnamon and stir well, creating a runny cake-like batter.
- Pour the batter into the lined muffin tins.
- Top each muffin with a few chunks of the broken chocolate.
- Bake at 350F until the tops are golden and the center is firm, about 30 minutes. Allow the muffins to cool in the pan completely before removing.
- 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!)

Note: Chia or flax egg. You can substitute a chia or flax egg (vegan egg) for one egg in recipes. That said, if the recipe calls for 2 eggs, the recipe still needs one real egg, not two vegan eggs.

How to make a vegan egg: Grind 1 tablespoon of flax seeds or take 1 tablespoon of whole chia seeds and place in a small bowl. Add in 3 tablespoons of warm water and stir. Allow to sit for a few minutes before adding to your recipe.