



Flourless Chocolate Muffins

These flourless chocolate muffins are so moist, chewy and easy to make - they're **the perfect solution for those times when you simply must have a sweet treat!** Made with just a handful of ingredients, the combination of chocolate, peanut butter and banana is sure to win over any sweets-lover.

There's no need for flour or sugar here! **The natural sweetness of fibre-rich bananas plus a touch of honey makes these muffins perfect.** A great source of potassium, **bananas can help lower blood pressure.** **Not to mention, they're a great source of resistant starch, which can help control blood sugar!**

Totally kid-friendly and freezer-friendly - you'd better go ahead and make a double batch.

FLOURLESS CHOCOLATE MUFFINS

Makes 12:

3 bananas, chopped
1 tbsp. lemon juice
2 eggs
4 tbsp. honey
7 oz. (200g) peanut butter,
natural
4 tbsp. Cacao powder
1 tsp. baking soda
3 oz. (85g) 85% dark
chocolate, chopped

Directions:

1. Preheat the oven to 350°F (180°C). Line a muffin tin with paper muffin cups.
2. Place the chopped bananas into a bowl and drizzle with lemon juice. Add in eggs, honey, peanut butter and mash everything together with a fork. Next add the cacao powder and baking soda and whisk together.
3. Divide the mixture between each of the muffin cups and sprinkle with the chopped chocolate.
4. Place the tray into the oven and bake for around 18 - 20 minutes. Remove the tray from the oven and place the muffins onto a wire rack to cool completely before serving.

DF	MP	V
Prep		Cook
10m		20m