

Flourless Chocolate Peanut Butter Muffins

10 ingredients · 40 minutes · 9 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
2. Mix the mashed banana and egg together. Using a hand mixer or stand mixer is best, but a whisk will also work. Slowly add the maple syrup and vanilla and continue mixing. Next, add the oil until an even consistency is achieved.
3. Add the salt and 3/4 of the peanut butter. Continue to mix, then add the baking soda and baking powder. Slowly add the cacao powder. Continue to mix until a pancake batter-like consistency is achieved.
4. Fill each muffin liner with the batter, approximately 1/3 cup each. Add the remaining peanut butter onto the top of each muffin and if desired, swirl with a toothpick.
5. Bake in the oven for 25 minutes or until muffin tops are firm. Remove from the oven, allow to cool in the muffin tin for 10 minutes before removing. Enjoy!

Notes

Leftovers

Keep on the counter in an airtight container for up to five days. Freeze for up to six months.

Serving Size

One serving is equal to one muffin.

Additional Toppings

Turn them into cupcakes. Make the icing by whipping together peanut butter, coconut oil, coconut cream, maple syrup, and salt.

Ingredients

- 3 Banana (medium, ripe, mashed)
- 3 Egg
- 1/3 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 3 tbsps Avocado Oil
- 1/2 tsp Sea Salt
- 1 cup All Natural Peanut Butter (divided)
- 1/2 tsp Baking Soda
- 1 tsp Baking Powder
- 1/2 cup Cacao Powder