

## Flourless Peanut Butter and Banana Muffin Recipe

Bananas are rich in potassium and magnesium, important minerals to help manage blood pressure. All natural peanut butter is a wonderful source of healthy plant fats and protein. And because it's flourless, it works really well for those who are avoiding gluten. You can use all natural almond butter instead of peanut butter, if desired.

Yields 12 large muffins

### Ingredients:

1 cup/250ml all natural peanut butter (or 1/2 cup each peanut and almond butter)  
1 ½ cups/375ml very ripe mashed bananas (2-3 bananas)  
2 large eggs  
¼ cup/60 ml or maple syrup  
4 tbsp/60ml ground flaxseed  
1 tsp/5ml ground cinnamon  
1 tsp/5ml pure vanilla extract  
1 tsp/5ml baking soda  
½ tsp/1ml sea salt  
Pinch ground nutmeg  
¼ cup semi-sweet chocolate chips and more for sprinkling, if desired

### Method:

1. Preheat oven to 375 degrees F/190 C.
2. Prepare muffin tins by lining with parchment liners. Set aside.
3. Add all ingredients except chocolate chips to a high-speed blender or food processor. Process on high until the batter is smooth and creamy. Fold in ¼ cup chocolate chips into batter, if desired.
4. Pour or spoon batter into prepared muffin pan. Sprinkle a few chocolate chips on top.
5. Bake for 18-20 minutes, until tops are set but not firm. Tops will firm as they cool.
6. Allow to cool in pan about 10 minutes before removing.
7. Store in airtight container for up to 5 days or freeze.