



Peanut Butter Banana Muffin Brownie Bites

9 servings

25 minutes

Ingredients

1 Banana (medium, mashed)
80 grams Maple Syrup
129 grams All Natural Peanut Butter
30 milliliters Unsweetened Almond Milk
43 grams Cocoa Powder
2 grams Baking Powder
60 grams Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
- 2 In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
- 3 Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
- 4 Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Keep in an airtight container for up to five days.

Serving Size: One serving is one brownie.

More Flavor: Add vanilla extract or a pinch of salt.

Additional Toppings: Top with more chocolate chips before baking.

Banana: A ripe, just speckled banana works best for this recipe.