

# CHOCOLATE & BANANA MUFFINS



## QUICK

Less than 15  
mins prep time

## HEALTHY

Bananas are high in potassium which helps to lower blood pressure and keep your heart healthy

## FAMILY

10-12  
Muffins

## MEALS

Suitable for freezing

## INGREDIENTS

- 3 **very ripe** bananas
- 3 eggs
- 100ml maple syrup
- 75g coconut oil
- 150g self raising wholemeal flour
- 50g cocoa powder
- 75g dark chocolate chips
- 1 tsp baking powder
- 1 tsp vanilla extract

### Optional

- 1 extra banana (not overripe)
- 25g dark chocolate chips

## METHOD

- 1) Put the oven onto 180°C (Fan oven)
- 2) Melt your coconut oil and maple syrup – when melted, turn off and allow to cool
- 3) Line a muffin tin with 12-15 cases
- 4) Mash bananas in a large bowl with a fork
- 5) In a separate bowl, sieve your cocoa powder & baking powder.
- 6) Then sieve in the flour till only the bran flakes are remaining. Check there are no lumps then add
- 7) Whisk your eggs and vanilla extract together
- 8) Add the oil and maple syrup to the banana & mix
- 9) Stir in 75g chocolate chips
- 10) Add the whisked eggs and mix together gently
- 11) Carefully stir in the dry mix – ensuring you don't lose too much of the air
- 12) Spoon into the prepared muffin cases
- 13) Sprinkle a few chocolate chips on top of each muffin
- 14) Bake for 20 mins - or until a skewer comes out clean (be careful its not just hitting melted chocolate!)
- 15) Enjoy – they're delicious warm



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)