

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Flourless Peanut Butter Chocolate Chip Mini Blender Muffins

Yield: 17 mini muffins

INGREDIENTS:

1 medium ripe banana, peeled

1 large egg*

Heaping 1/2 cup creamy peanut butter (classic store-bought peanut butter recommended, not natural or homemade)

3 tablespoons honey (agave or maple syrup may be substituted)

1 tablespoon vanilla extract

1/4 teaspoon baking soda

Pinch salt, optional and to taste

Heaping 1/2 cup mini semi-sweet chocolate chips

*1Tbsp Flaxseed mixed with 3 Tbsp. Water, replaces one egg.



DIRECTIONS:

- ♥ Preheat oven to 400F. Prepare mini muffin pans by spraying very well with floured cooking spray, or grease and flour the pans; set aside. If keeping gluten-free for health reasons, simply use cooking spray or grease the pan.
- ♥ To the canister of a blender, add first 7 ingredients, through optional salt, and blend on high speed until smooth and creamy, about 1 minute.
- ♥ Add chocolate chips and stir in by hand; don't use the blender because it will pulverize them.
- ♥ Using a tablespoon or small cookie scoop that's been sprayed with cooking spray (helps batter slide off spoon or scoop easily), form rounded 1-tablespoon mounds and place mounds into prepared pans. Each cavity should be filled to a solid 3/4 full.
- ♥ Bake for 8 to 9 minutes, or until the tops are set, domed, springy to the touch, and a toothpick inserted into the center comes out clean, or with a few moist crumbs, but no batter. Due to their small size and oven variance, make sure to watch your muffins closely, and bake until done.
- ♥ Allow muffins to cool in pans for about 10 minutes, or until they're firm and are cool enough to handle.

Muffins are best fresh but will keep in airtight container at room temperature for up to 5 days, or in the freezer for up to 4 months.

Compliments of Eat Your Heart Out Edibles

eatyourheartoutedibles.com