

Peanut Butter Banana Muffin Brownie Bites

9 SERVINGS 25 MINUTES



INGREDIENTS

1 Banana (medium, mashed)
1/4 cup Maple Syrup
1/2 cup All Natural Peanut Butter
2 tbsps Unsweetened Almond Milk
1/2 cup Cocoa Powder
1/2 tsp Baking Powder
1/4 cup Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	172	Carbs	19g
Fat	10g	Protein	5g

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
- 02 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.
- 03 Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
- 04 Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!