

## Recipe

### ONE-BOWL DOUBLE CHOCOLATE BANANA MUFFINS



▶ ▶ Vegan, nut-free

**Yield:** 12 muffins

**Prep Time:** 10 min

**Cook Time:** 15 min

**Total Time:** 25 min

#### INGREDIENTS

- 1 Tbsp (8 g) ground flax seeds
- 3 medium ripe bananas, peeled
- 3/4 cup (150 g) sugar
- 1/3 cup (85 g) unsweetened applesauce
- 1/3 cup (80 mL) melted coconut oil
- 1 tsp (5 mL) pure vanilla extract
- 1 tsp (5 g) baking soda
- 1 tsp (5 g) baking powder
- 1/2 tsp salt
- 1/4 cup (25 mL) cocoa powder
- 1.5 cups (210 g) all purpose flour
- 1/3 cup (50 g) dairy-free dark chocolate, coarsely chopped (or sub dairy-free chocolate chips)

#### DIRECTIONS

1. Preheat oven to 375 F/ 190 C. and lightly grease the inside of a muffin tin.
2. Make flax gel by adding ground flax seeds and 3 Tbsp water to a large bowl, whisk and allow to sit for 5 minutes, stirring once halfway.
3. Once gelled, add the bananas and mash until very well combined. Then whisk in the sugar, applesauce, coconut oil and vanilla.
4. Add the baking soda, baking powder, salt, and cocoa powder and mix thoroughly again. Then add the flour, a third at a time, until just combined - (careful not to over-mix this part)!
5. Gently fold in the chocolate (tip: reserve some for the top!). Then evenly divide the batter into the muffin tin. Top each muffin with the reserved chocolate chunks and bake for about 15 minutes, or until the top looks set and a toothpick comes out clean. Allow to cool for 2 minutes before transferring to a cooling rack to cool completely. Enjoy!

#### NOTES

**Storage:** store in an air-tight container on the counter for up to 2 days, or store in the freezer for up to 1 month, reheating before enjoying.

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