

Yield: 12 muffins

GRAIN FREE CHOCOLATE BANANA MUFFINS

Chocolate and bananas are meant to go together! These soft, protein-rich, grain free chocolate banana muffins are full of that irresistible chocolaty banana flavor. They're super easy to make in the blender and they're freezer friendly too!



Prep Time	Cook Time	Inactive Time
20 minutes	18 minutes	5 minutes

Total Time
43 minutes

*mini muffins ≈ 13 minutes
(almost 4 doz.)*

INGREDIENTS

- 1/2 cup grass-fed butter or ghee, melted {for a non-dairy oil my preference is avocado oil} (*I used ghee.*)
- 3 ripe medium organic bananas, broken into thirds
- 1 cup cassava flour (<-- this is the only cassava flour I use and recommend)
- 1/2 cup maple sugar (*I used coconut sugar.*)
- 1/4 cup organic cocoa powder (<-- this is the fair-trade cocoa I use)
- 1/4 cup hydrolyzed grass-fed collagen (<-- this is the only grass-fed collagen I use and recommend)
- 1 teaspoon baking soda
- 1/2 teaspoon Celtic sea salt (<-- this is my favorite sea salt)
- 2 pastured or organic eggs, room temperature
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Line muffin pan with muffin wrappers pan and set aside.
2. In a blender, in this order - add melted butter or ghee, banana pieces, cassava flour, maple sugar, cocoa, collagen, baking soda, salt, eggs and vanilla. Place lid on blender and blend just until combined, no need to over mix - just make sure it's fully combined, scraping down the edges if necessary.
3. Evenly pour batter into lined muffin pan and bake for 18 minutes or until muffins have cracked tops and a toothpick inserted into the middle comes out with a few moist crumbs. Cool in the pan for 5 minutes before removing muffins and transferring to a wire cooling rack.

NOTES

- **YOU WILL NEED:** Blender, Muffin Pan, Muffin Wrappers
- Hydrolyzed collagen is important in the recipe. Not only does it add nutrition and protein, it also helps add a really lovely "soft" texture to the muffins. It cannot be swapped with grass-fed gelatin- while both gelatin and collagen provide the same health benefits, they are not interchangeable in this recipe. I've linked to my favorite collagen brand in the ingredients - I love the company, the quality and the price point is the best I have found. It's also the brand that my family uses daily for health purposes.
- It's super important to use ripe bananas. Ripe bananas play a huge role in the texture {moisture content} and flavor of these chocolate banana muffins.
- Storage: Keeps well at room temperature for 1 day or in the refrigerator for 2 days in an airtight container. My preference is storing them in an airtight container in the freezer. These muffins do really well in the freezer, I like to make double batches and store them in the freezer. Frozen muffins are great for school lunches {I just add a frozen one to the lunch box, it's thawed and ready to eat by lunch time}, quick mornings or quick snacks - grab the amount you want to eat and stick them in your refrigerator over night, place thawed muffins in the oven at 325 degrees F to reheat until warmed through.