

peanut butter banana muffins

MAKES 8-9 muffins

RECIPE ADAPTED FROM: [Chocolate Covered Katie](#)

COOK TIME: 20 minutes

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- ½ cup quick oats (40g)
 - ¾ tsp baking powder
 - ¼ tsp salt
 - ⅛ tsp baking soda
 - 1 medium (½ cup) mashed over-ripe banana
 - 1 can white beans (250g without liquid) or 250g cooked beans
 - ¼ cup peanut butter
 - ¼ cup pure maple syrup or honey (optional)
 - 2 tsp pure vanilla extract
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Optional Mix-ins (handful):

- mini chocolate chips
- crushed walnuts
- shredded coconut
- pinch of cinnamon



PREHEAT oven to 350 degrees.

LIGHTLY grease 8-9 standard muffin tin cups or line with liners.

DRAIN the beans and rinse extremely well, then pat dry. This is important because it gets rid of any bean taste.

BLEND all ingredients except for mix-ins until smooth in a blender or high-quality food processor. Stop occasionally to stir ingredients with a spoon so they will blend evenly.

STIR in mix-ins of choice (if desired).

POUR into the muffin cups - don't overfill or they will rise and then sink in the centers.

BAKE 20 minutes. They will look underdone - let sit 20 minutes and they will firm up.

STORE in refrigerator or freezer.

NOTE: These muffins freeze really well! Make a large batch and keep them on hand for a quick breakfast or snack.