

Chocolate Peanut Butter Banana Muffins



This weeks recipe of the week comes again from our wonderful instagram stylist and recipe contributor Meg Phillips. Meg has a soft spot for sweet vegan recipes...can you tell?

Dry Ingredients:

- 1 cup gluten free self raising flour
- 1 cup organic buckwheat flour
- 1 teaspoon of baking powder
- 3 tablespoons organic cacao powder
- 1/4 cup organic coconut sugar
- 1 tablespoon of psyllium husk

(Sift all dry ingredients together into a large mixing bowl).

Handful of raw blanched peanuts

Wet Ingredients:

- 1/2 cup nut milk
- 3 organic medjool dates, pitted
- 3 tablespoons of rice malt syrup
- 6 over ripe bananas (plus one for decoration)
- 1 tablespoon of coconut oil, melted
- 1/2 cup of smooth peanut butter (sold in store)

Method:

1. Heat your oven to 180' celsius and grease a 6 hole muffin tray with oil.
2. Blend all the wet ingredients together in a blender until smooth, then add to the dry

ingredients.

3. Mix well to combine and then pour the mixture into the muffin tray adding a piece of sliced banana and chopped peanuts on top.
4. Bake for 30 minutes or until a skewer comes out clean when poked into the centre.
5. Once cooled, add a teaspoon of peanut butter on top and a square of Loving Earth chocolate (sold in store). Enjoy.

Note: Best stored in a container out of the fridge and consumed within 3-4 days.

Vegan | Gluten Free | Dairy Free | Refined Sugar Free