



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:

Heat your oven to 180° celsius and grease a 6 hole muffin tray with oil.

Blend all the wet ingredients together in a blender until smooth, then add to the dry ingredients.

Mix well to combine and then pour the mixture into the muffin tray adding a piece of sliced banana and chopped peanuts on top.

Bake for 30 minutes or until a skewer comes out clean when poked into the centre.

Once cooled, add a teaspoon of peanut butter on top and a square of Loving Earth chocolate (sold in store). Enjoy.

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

Vegan | Gluten Free | Dairy Free | Refined Sugar Free