



Banana Bread Muffin Tops

(gluten free, refined sugar free)

Equipment list

Large bowl
Measuring cups and spoons
Metal and rubber spatula
Fork
Wooden spoon
Baking sheet
Cooling rack
Hand Blender (optional)
2 large spoons

- Preheat oven to 350F and line a large baking sheet with parchment paper.

Ingredients

- 2 large ripe bananas, peeled
- 50 ml maple syrup/honey/agave
- 50 ml virgin coconut oil
- 15 ml pure vanilla extract
- 5 ml cinnamon
- 5 ml baking powder
- 1 ml fine grain sea salt
- 500ml rolled oats, divided, (gluten-free)
- 50 ml chocolate chips

Method

- Add the peeled bananas, maple syrup, coconut oil, and vanilla into a bowl. Mash until smooth with hand blender if you have one.
- Add in the cinnamon, baking powder, and salt and mix until combined.
- Add in 350mls of the rolled oats and mash/blend, just long enough to roughly chop the oats.
- Stir in the remaining 150mls of rolled oats and the chocolate chips.

Making The Muffin Tops

- Spoon a large portion of dough (about 50ml or so for each) onto the parchment. Do not press down on the dough to flatten - simply leave it in a mound on the baking sheet.
- Bake cookies for 10 minutes, rotate the pan, and bake for another 7-9 minutes until golden brown on the bottom.
- Immediately transfer the baking sheet onto a cooling rack for 10 minutes.
- Then lift off muffins and place on the rack to cool completely.