

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Fudgy Banana Chocolate Chip Muffins

Time: 45 minutes
Prep Time: 15 minutes
Cook Time: 30 minutes

Servings: 11

Recipe by: Minimalist Baker

Supplies/ Materials:

- Large mixing bowl
- Potato masher or large fork
- Spatula
- Cupcake liners
- Muffin tin
- Oven



Ingredients

- | | |
|---|---|
| 2 medium-size ripe bananas | ¼ tsp sea salt |
| 1 batch flax egg (1 Tbsp flaxseed meal + 2 ½ Tbsp water) | ½ tsp pure vanilla extract |
| 1½ tsp baking soda | 2 Tbsp avocado oil (or melted coconut oil or vegan butter) |
| ½ cup coconut sugar (or sub organic brown sugar) | ½ cup cocoa powder, sifted if clumpy |
| 3 Tbsp maple syrup (or sub agave nectar) | ¾ cup gluten-free rolled oats |
| ¼ cup fresh drippy tahini (or sub other nut or seed butter of choice) | 1¼ cup almond flour |
| | ¼ cup vegan or regular dark chocolate chips (or chopped dark chocolate) |

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Preparation

Activity	Instructions
Kitchen Safety	<p>Wash hands with soap and warm water for 20 seconds.</p> <p>Dry hands and begin energy bite preparation.</p>
Time for "Mise En Place" (a French term that means "to put everything into place")	<p>Collect all cooking utensils/ingredients and arrange for optimal use.</p> <p>Preheat oven to 350 degrees F and line a standard muffin tin with paper cupcake wrappers.</p> <p>Prepare flax egg using 1 tbsp flaxseed meal + 2 ½ tsp water, set aside to thicken.</p>
Combine Muffin Ingredients	<p>To a large mixing bowl add banana, flax egg and mash to combine, leaving only a few chunky pieces. You want it pretty smooth.</p> <p>Add baking soda, coconut sugar, maple syrup, tahini, sea salt, vanilla, and avocado oil and whisk vigorously to combine. Then add cocoa powder and whisk again to combine.</p> <p>Add rolled oats and stir to combine. Then add almond flour a little at a time and stir to combine. You're looking for a scoopable batter that's still moist. If too dry, thin with a bit of water or dairy-free milk. If too wet, add more almond flour a little at a time. Lastly, add chocolate chips and stir to combine.</p>
Form muffins and bake	<p>Divide batter between muffin tins, filling almost all the way to the top (as recipe is written, about 11 muffins — adjust amounts as needed if adjusting serving size). Option to sprinkle on a few more chocolate chips before baking for more chocolate flavor.</p> <p>Bake on the center rack for 25-30 minutes or until risen. When cooked, a toothpick inserted into the center will come out clean.</p>
*Additional chef's note	<p>Let rest in the pan for 5 minutes, then transfer muffins to a cooling rack to let cool completely. The wrappers come off more easily and the texture is best when completely cooled.</p> <p>Store leftovers covered at room temperature for up to 4-5 days, or in the freezer for up to 1 month.</p>