



## Banana Bread Muffin Tops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



9

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 large bananas ripe peeled (230 grams banana without peel)
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup virgin coconut oil
- ☐ 3 tablespoons non-dairy chocolate chips dark chopped (or chocolate)
- ☐ 0.5 cup medjool dates packed pitted (125 grams dates)
- ☐ 2 cups rolled oats gluten-free divided
- ☐ 1 teaspoon vanilla extract pure

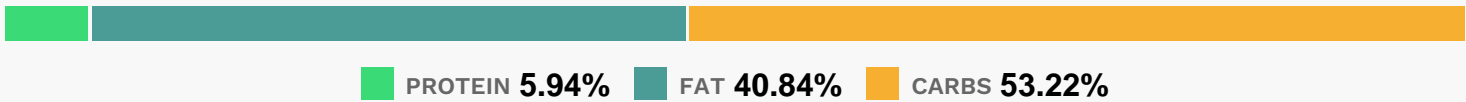
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Preheat oven to 350F and line a large baking sheet with parchment paper.
- ☐ Add the peeled bananas, pitted dates, coconut oil, and vanilla into a food processor. Process until smooth. I let it run for a minute or so.
- ☐ Add in the cinnamon, baking powder, and salt and process again until combined.
- ☐ Add in 1.5 cups of the rolled oats and process for only 4–5 seconds, just long enough to roughly chop the oats.
- ☐ Remove processor from the base and then remove the blade and set aside. Carefully stir in the remaining 1/2 cup rolled oats and the chocolate chips.Spoon a large portion of dough (about 3–4 tablespoons 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.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:7.62, Inflammation Score:-2, Nutrition Score:6.4730435117431%

## Flavonoids

Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.48kcal (11.32%), Fat: 11.04g (16.98%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 28.34g (10.31%), Sugar: 14.59g (16.21%), Cholesterol: 0mg (0%), Sodium: 48.64mg (2.11%), Alcohol: 0.15g (100%), Alcohol %: 0.26% (100%), Protein: 3.61g (7.23%), Manganese: 0.8mg (39.99%), Fiber: 4.02g (16.08%), Iron: 1.79mg (9.96%), Phosphorus: 95.49mg (9.55%), Magnesium: 37.74mg (9.44%), Selenium: 5.52µg (7.88%), Vitamin B6: 0.15mg (7.49%), Potassium: 231.97mg (6.63%), Vitamin B1: 0.1mg (6.43%), Copper: 0.12mg (6.24%), Calcium: 59.08mg (5.91%), Zinc: 0.74mg (4.95%), Vitamin B5: 0.37mg (3.69%), Vitamin B2: 0.06mg (3.26%), Folate: 13.05µg (3.26%), Vitamin C: 2.64mg (3.2%), Vitamin B3: 0.54mg (2.7%)