



## Vegan Double Chocolate Banana Muffins

 Popular

READY IN



40 min.

SERVINGS



12

CALORIES



535 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 cup almond milk (See My Notes)
- ☐ 1 teaspoon apple cider vinegar
- ☐ 12 servings apple cider vinegar = vinegar white
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed (See My Notes)
- ☐ 0.3 cup cocoa
- ☐ 0.3 cup coconut oil

- ☐ 12 servings coconut oil = any flavor oil neutral
- ☐ 12 servings almond milk = any non-dairy milk
- ☐ 1.5 cups flour all-purpose
- ☐ 12 servings equal parts flour and flour whole wheat all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegan chocolate chips mini
- ☐ 1 cup sugar white

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

## Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Line a 12 cup muffin pan with paper liners or grease it with non-stick cooking spray.
- ☐ Mix together 1/4 cup almond milk and vinegar; set aside for it to curdle. In a large bowl sift together the flour, cocoa, baking soda, baking powder and salt. Stir in the sugar and make well. In another bowl combine together the mashed bananas, curdled almond milk, vanilla extract, oil and remaining 1/4 cup milk.
- ☐ Add the wet mixture to the well and mix until just combined. Stir in the chocolate chips. Scoop out the batter among the 12 cavities. About 1/3rd cup of batter per muffin.
- ☐ Bake for about 20–25 minutes or until a toothpick inserted in the center of the muffin comes out clean. Mine was done after 20 minutes.
- ☐ Transfer the pan to a wire rack to cool. If using paper liner, you should be able to lift the muffins off the pan after 5 minutes. Cool it completely on a wire rack before storing it or serve it warm with a glass of milk.

# Nutrition Facts

PROTEIN 8% FAT 52.92% CARBS 39.08%

## Properties

Glycemic Index:37.82, Glycemic Load:26.73, Inflammation Score:-4, Nutrition Score:12.519565115804%

## Flavonoids

Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 535.43kcal (26.77%), Fat: 33.26g (51.16%), Saturated Fat: 24.3g (151.86%), Carbohydrates: 55.26g (18.42%), Net Carbohydrates: 52.57g (19.12%), Sugar: 37.82g (42.02%), Cholesterol: 29.28mg (9.76%), Sodium: 290.84mg (12.65%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Caffeine: 4.12mg (1.37%), Protein: 11.31g (22.62%), Calcium: 331.02mg (33.1%), Phosphorus: 286.12mg (28.61%), Vitamin B2: 0.44mg (25.71%), Vitamin B12: 1.32µg (21.96%), Vitamin B1: 0.27mg (18.1%), Vitamin D: 2.68µg (17.89%), Selenium: 11.1µg (15.85%), Manganese: 0.28mg (14.08%), Potassium: 482.6mg (13.79%), Magnesium: 48.23mg (12.06%), Iron: 2.17mg (12.06%), Vitamin B6: 0.23mg (11.54%), Fiber: 2.69g (10.74%), Vitamin B5: 1.05mg (10.52%), Zinc: 1.29mg (8.62%), Folate: 33.36µg (8.34%), Vitamin A: 407.37IU (8.15%), Vitamin B3: 1.39mg (6.97%), Copper: 0.11mg (5.66%), Vitamin C: 1.63mg (1.98%), Vitamin E: 0.18mg (1.21%), Vitamin K: 1.06µg (1.01%)