



Vegan Peanut Butter Banana Bomb Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 T agave nectar (or maple syrup)
- ☐ 1 t baking soda
- ☐ 1 small banana ripe
- ☐ 1 cup bananas ripe mashed (2 small)
- ☐ 1 t cinnamon
- ☐ 0.3 cup virgin coconut oil organic
- ☐ 1 pinch grain sea salt fine
- ☐ 2 T ground flax (replaces 2 eggs)
- ☐ 0.5 cup non-dairy milk (I used hemp)

- ☐ 1 pinch nutmeg
- ☐ 1 T peanut butter
- ☐ 0.3 cup vanilla-flavored soy yogurt plain (or regular)
- ☐ 1 t vanilla extract
- ☐ 2 T wheat germ
- ☐ 1.8 cup flour whole wheat

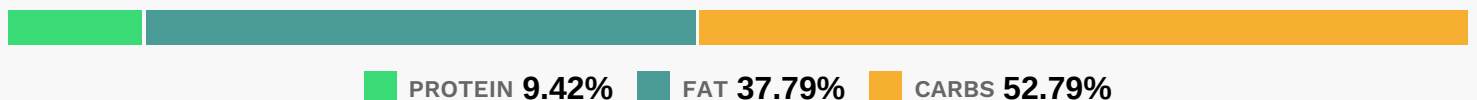
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 325F.
- ☐ Whisk the dry ingredients in a medium sized bowl. In a small bowl, whisk the flax + water to create the 'eggs'. Allow it to sit for a few minutes. In a large bowl, mix the wet ingredients together.
- ☐ Add flax mixture and whisk. Fold dry ingredients into the wet ingredients being careful not to over stir.
- ☐ Sprinkle with walnuts or carob nibs.
- ☐ Bake for 18-20 minutes. While the muffins are baking prepare the filling.
- ☐ Mix yogurt, peanut butter, sweetener, and banana together being sure to get the clumps out.
- ☐ Place into a zip lock bag and set aside. Don't cut the hole until just before filling (it leaks out). Once muffins are out of the oven and cooled, cut the hat of the muffin and fill.
- ☐ Place hat back on. Now enjoy your banana bombs with a big cup 'o tea, a loved one, and some great reading material. :)

Nutrition Facts



Properties

Glycemic Index:26.87, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:7.6713044721147%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 147.46kcal (7.37%), Fat: 6.58g (10.13%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 17.58g (6.39%), Sugar: 4.35g (4.84%), Cholesterol: 0mg (0%), Sodium: 120.6mg (5.24%), Alcohol: 0.12g (100%), Alcohol %: 0.24% (100%), Protein: 3.69g (7.39%), Manganese: 1.02mg (50.9%), Selenium: 12.34µg (17.62%), Fiber: 3.11g (12.44%), Magnesium: 39.31mg (9.83%), Vitamin B6: 0.19mg (9.74%), Vitamin B1: 0.14mg (9.34%), Phosphorus: 87.14mg (8.71%), Vitamin B3: 1.61mg (8.06%), Copper: 0.13mg (6.46%), Vitamin B2: 0.09mg (5.55%), Potassium: 182.95mg (5.23%), Iron: 0.9mg (5.03%), Folate: 19.84µg (4.96%), Zinc: 0.73mg (4.84%), Vitamin C: 3.17mg (3.84%), Vitamin E: 0.53mg (3.52%), Calcium: 35.22mg (3.52%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.18µg (1.2%), Vitamin A: 54.33IU (1.09%)