



Delicious and Easy Flourless Blender Muffins

Makes approximately 8 muffins

Prep and baking time: 15 minutes

Ingredients:

1 banana

1 egg

½ cup peanut butter (creamy or chunky – your choice)

1 tablespoon maple syrup or honey

1 tablespoon vanilla extract

¼ teaspoon baking soda

Optional: ½ cup of things to mix in such as chocolate chips, nuts, seeds, or berries

Preheat oven to 400°. Put 8 or 9 muffin papers in a muffin pan, or use non-stick muffin pan.

In a bowl or a blender carafe, combine all ingredients except items to mix in. Blend until smooth.

Portion batter into muffin papers filling 2/3 full. Now add 1 – 2 teaspoons of toppings to each one, stirring with a skewer to distribute.

Bake for 10-12 minutes, until risen and a toothpick comes out clean when poked in the middle.

Allow to cool and enjoy! Store covered at room temperature for 1-2 days.

