

Peanut Butter Banana Muffin Brownie Bites

7 ingredients · 25 minutes · 1 serving



Directions

1. Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
2. In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
3. Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
4. Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to five days.

Serving Size

One serving is one brownie.

More Flavor

Add vanilla extract or a pinch of salt.

Additional Toppings

Top with more chocolate chips before baking.

Banana

A ripe, just speckled banana works best for this recipe.

Ingredients

- 1/8 Banana (medium, mashed)
- 1 1/3 **tsps** Maple Syrup
- 2 2/3 **tsps** All Natural Peanut Butter
- 2/3 **tsp** Unsweetened Almond Milk
- 2 2/3 **tsps** Cocoa Powder
- 1/16 **tsp** Baking Powder
- 1 1/3 **tsps** Dark Chocolate Chips

Nutrition

Amount per serving

Calories	172	Cholesterol	0mg
Fat	10g	Sodium	34mg
Carbs	19g	Vitamin A	15IU
Fiber	3g	Vitamin C	1mg
Sugar	12g	Calcium	44mg
Protein	5g	Iron	1mg