



SLT-VEGAN BANANA OATMEAL BLENDER MUFFINS

Incredibly easy to make and perfectly moist, you would never guess these muffins are made with nutritious ingredients! (vegan, gluten-free and oil-free)

 15 minutes

 45 minutes

 9 portions

INGREDIENTS

- 2 medium units (7" to 7-7/8" long) of bananas, raw (236 g)
- 122 grams or 1/2 cup of milk, soya, non-dairy alternative to milk, unsweetened, fortified
- 1 tbsp of vinegar, Apple cider (15 g)
- 1 tsp of vanilla extract (4 g)
- 4 tbsps of peanut butter, chunk style, without salt (64 g)
- 2 cups of oats (312 g)
- 1 teaspoon of cinnamon, ground (3 g)
- 1/2 tsp of baking soda (2 g)
- 2 level teaspoons of baking powder (8 g)
- 1/4 teaspoon of salt
- 80 grams of chocolate, dark, 70-85% cacao solids

COOKING METHOD

- 1° Start by placing the wet ingredients in the blender first: banana, milk, vinegar, maple syrup, vanilla and peanut butter.
- 2° Next layer the dry ingredients on top: rolled oats, baking powder, baking soda, salt, and ground cinnamon.
- 3° Blend on high until smooth.
- 4° Stir in chocolate chips.
- 5° Bake until golden and puffy. Allow to cool and try not to devour the whole batch in one sitting. :)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (94 g)	% DRI
ENERGY	276 kcal	260 kcal	13 %
PROTEIN	9 g	9 g	18 %
CARBOHYDRATE	37 g	35 g	13 %
SUGARS	6 g	6 g	7 %
FAT	11 g	10 g	14 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	16 %
FIBER	7 g	6 g	25 %
SODIUM	236 mg	223 mg	9 %