



SLT-BANANA ALMOND MUFFINS (REFINED SUGAR FREE)

Sweet and satisfying, these banana and almond muffins are sweetened with dates, maple syrup and bananas. They're the perfect snack for anyone looking to cut down on refined sugar. Suitable for vegans.

 20 minutes

 40 minutes

 12 portions

INGREDIENTS

- 3 medium units of bananas, flesh only [300 g]
- 50 grams of dates, medjool
- 50 grams of syrups, maple
- 125 grams of oil, coconut
- 1 tbsp of vinegar, cider [15 g]
- 1 tsp of vanilla extract [4 g]
- 250 grams of flour, wheat, wholemeal **or** 250 grams of jumbo porridge oats
- 2 grams [1/2 tsp] of bicarbonate of soda
- 1 level teaspoon of baking powder [4 g]
- 25g of Peanut butter
- 80 grams of dark chocolate, chips [Optional]

COOKING METHOD

- 1° Preheat the oven to 160°C [fan] / 180°C/gas mark 6.
- 2° Line a muffin tin with 12 muffin cases.
- 3° Soak dates in a bowl of hot water for 10 minutes before starting this recipe. Drain before blending
- 4° If using rolled oats, add to a blender and grind to a fine powder. Add this to a bowl to use later.
- 5° Add coconut oil to a microwavable bowl and heat in 30 second increments until completely melted.
- 6° Add to a blender or food processor the, dates, coconut oil, bananas, peanut butter, maple syrup, cider vinegar and vanilla extract. Puree until mixture is a smooth consistency.
- 7° To the blender, add the flour or oats, baking powder and bicarbonate of soda and mix to combine. Add the chocolate chips, if using and use a spoon to mix and combine into the batter. The batter should be a thick consistency. Dairy free milk can be added to reduce consistency.
- 8° Pour the batter into the muffin tin liners, filling each about half to three-quarters full.
- 9° Transfer to the oven and bake for 20-25 mins or until the center is set.
- 10° When cooked, allow to cool and drizzle with melted chocolate or eat straightaway.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [66 g]	% DRI
ENERGY	388 kcal	257 kcal	13 %
PROTEIN	5 g	4 g	7 %
CARBOHYDRATE	41 g	27 g	10 %
SUGARS	15 g	10 g	11 %
FAT	23 g	15 g	22 %
FATTY ACIDS, TOTAL SATURATED	17 g	11 g	55 %
FIBER	5 g	3 g	13 %
SODIUM	143 mg	95 mg	4 %