

FLOURLESS PEANUT BUTTER BANANA MUFFINS

★★★★★

COURSE: BREAKFAST CUISINE: GLUTEN-FREE

KEYWORD: PEANUT BUTTER BANANA MUFFINS

PREP TIME: 10 MINUTES COOK TIME: 25 MINUTES

TOTAL TIME: 35 MINUTES SERVINGS: 12 CALORIES: 220KCAL

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These Peanut Butter Banana Muffins are unbelievably light & fluffy, without using flour or refined sugar. They are the perfect way to use up any ripe bananas on your counter!

INGREDIENTS

- 1 cup all-natural peanut butter
- 2 very ripe bananas, mashed (~1 scant cup)
- ¾ teaspoon baking soda
- 1 teaspoon vanilla extract
- 3 large eggs
- ½ teaspoon sea salt
- ¼ cup honey
- 1 teaspoon ground cinnamon (optional)

OPTIONAL ADD-INS:

- ½ cup chocolate chips
- 1 cup fresh berries
- ½ cup raisins or dried cranberries

INSTRUCTIONS

1. Preheat your oven to 350°F and prepare a muffin tin with 12 muffin liners.
2. In a medium bowl, combine the peanut butter, mashed banana, baking soda, vanilla, eggs, salt, honey, and cinnamon, if using, and mix until smooth. I like to use a whisk to make sure the ingredients are evenly incorporated. Fold in one of the optional add-ins, if desired.
3. Divide the batter among the 12 muffin cups. Using a 1/4 cup measure should distribute the batter pretty evenly.
4. Bake at 350°F until the muffins have risen, and feel firm to a light touch in the center of the muffin, about 22 to 25 minutes.
5. Allow to cool for at least 30 minutes before removing from the pan.
6. These muffins can be served at room temperature once they have cooled, but I recommend storing them in the fridge for the best shelf life. They should last for up to a week in the fridge when stored in an airtight container. You can freeze them for up to 3 months in an airtight container, too.

NOTES

Nutrition information is for 1 of 12 muffins without the optional add-ins. This information is automatically calculated and is just an estimate, not a guarantee.

Note: Check out the "Frequently Asked Questions" section in this full post if you have substitution questions.

NUTRITION

Calories: 220kcal | Carbohydrates: 20g | Protein: 7g | Fat: 14g | Saturated Fat: 4g | Cholesterol: 42mg | Sodium: 285mg | Potassium: 229mg | Fiber: 2g | Sugar: 15g | Vitamin A: 89IU | Vitamin C: 2mg | Calcium: 27mg | Iron: 1mg

<https://detoxinista.com/flourless-peanut-butter-banana-muffins/>