

Banana Bread Breakfast Muffins

Vegan, gluten-free

Recipe by Jentry Lee Hull

Prep time: 15 minutes

Bake time: 22-25 minutes

Total time: 37-40 minutes

Yields 12 muffins

Ingredients

- 4 ripe bananas
- 1 tsp vanilla extract
- 1/4 cup maple syrup
- 1/2 cup runny almond butter
- 2 tbsp coconut sugar
- 1/2 tsp salt
- 2 tsp cinnamon
- 1 Tbsp ground flax seeds
- 1 Tbsp black chia seeds
- 1 cup oat flour
- 3/4 cup almond flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2-3 Tbsp plant milk

Optional add-ons:

- Vegan, fair-trade chocolate chips (I love [Enjoy Life Foods](#) and [Equal Exchange](#))
- Banana slices

Method

- Preheat oven to 350 degrees F.
- Line muffin tins with unbleached papers or use a silicon muffin pan.
- In a mixing bowl, add 4 ripe, peeled bananas. Mix with a standing mixer or by hand, until bananas are smoothly mashed.
- Add vanilla extract and maple syrup and mix again.
- Incorporate almond butter, while mixing.
- Add coconut sugar, salt, cinnamon, flax seeds, and chia seeds. Mix until smooth.
- Incorporate remaining ingredients while mixing, until a smooth, creamy batter forms.
- Spoon batter into lined muffin tins. Fill each muffin cup about 2/3 the way full.
- Top with vegan chocolate chips, thinly sliced banana, or both.
- Bake at 350 degrees F for 22-25 minutes, or until muffins are golden brown and cooked all the way through.
- Let sit for a couple of minutes before digging in.
- Enjoy within 3-4 days or freeze for up to 3 months.

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 193

% Daily Value *

Total Fat 7 g **11%**

Saturated Fat 1 g **7%**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 220 mg **9%**

Potassium 284 mg **8%**

Total Carbohydrate 28 g **9%**

Dietary Fiber 3 g **11%**

Sugars 12 g

Protein 3 g **7%**

Vitamin A **1%**

Vitamin C **6%**

Calcium **59%**

Iron **3%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.