



## No Banana waste

### Muffins

#### INGREDIENTS

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- 3 bananas (mashed until smooth)
- 1 Egg
- 30 millilitres coconut oil, melted (or olive oil)
- 160 grams maple syrup
- 5 millilitres vanilla extract (optional)
- 5 grams baking soda
- 240 grams all-purpose flour
- 120g grams dark chocolate chips

#### DIRECTIONS

1. Preheat the oven to 350°F (175°C). Line a muffin tray with paper cases or use a silicone muffin tray.
2. Add the banana, egg, yogurt, coconut oil, maple syrup, and vanilla to a large bowl. Mix well to combine.
3. Add the baking soda, salt, and flour. Use a spatula to mix until just combined. Gently fold in the chocolate chips. Do not over-mix.
4. Divide the batter evenly between muffin cups. Bake for 20 to 24 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool completely. Enjoy!

#### ABOUT THE MUFFINS

Who doesn't love the aroma of freshly baked banana bread? Each time I volunteer at the food bank, there's almost a guarantee of finding an abundance of overripe, brown bananas that often go to waste, as they're not everyone's first choice. However, it's worth noting that overripe bananas are a baker's secret weapon when it comes to making the best banana bread – the riper, the better. What's more is that the sweeter the bananas, the less sugar you need to add to your bread. The natural sweetness of fully ripe bananas, especially those with darker skins, can make maple syrup optional.

It's also worth mentioning that bananas are incredibly nutritious, rich in potassium, folate, fibre and antioxidants, making them too valuable to be discarded.

For a yummy addition, I've included chocolate chips in this recipe. They're a great way to utilise any leftover chocolate you may have, whether it's from Easter, Christmas, or any other occasion.

*Sarah x*