

VEGAN BANANA CHOCOLATE CHIP MUFFINS

Ingredients

- 1 3/4 cups spelt flour, or flour of choice
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup light-flavored olive oil or warmed coconut oil (or unsweetened applesauce)
- 1 teaspoon vanilla extract
- 1/3 cup organic pure cane sugar or coconut sugar
- 4 small or 3 large bananas (preferably overripe), mashed
- 1/4 cup or so chocolate chips (I used [Enjoy Life Mini](#))

Preheat oven to 350 degrees.

Combine flour, baking powder, baking soda, and salt in a medium/large bowl and set aside. In a small bowl, mix oil, sugar, and vanilla. Combine wet ingredients with dry ingredients and mix briefly; set aside. Mash bananas, you should have approx. 1 1/2–1 3/4 cups; add to the batter and mix until combined. If the mixture seems too dry, add a bit of non-dairy milk, maybe 1/4 – 1/2 cup at most. Add in chocolate chips and mix briefly. Spoon into a well-greased or paper-lined muffin tin, filling each muffin about 2/3–3/4 full. Bake for about 20 – 25 minutes. You can also do the toothpick test in the center of one muffin; if it comes out clean, it's ready. Remove from oven and let cool for 10 min.

Makes about 10 – 12 muffins.

Store: Cool completely, place muffins in a container for up to 3–4 days. You can also store them in the refrigerator for up to a week. Freeze for 2–3 months.

NOTES:

To make gluten-free, use a gluten-free all-purpose flour blend.

If using coconut oil, be sure it's warmed and creamy or liquid.

Add 1 teaspoon of cinnamon to the batch for a different flavor.

I've made these using just the 2 teaspoons of baking powder with great results. If you don't have baking soda on hand, you can omit it.

<https://simple-veganista.com/2014/06/banana-chocolate-chip-muffins.html>