



Gluten Free Dark Choc Chip Banana Muffins

Ingredients:

- 3 ripe bananas
- 80grams Raw Organic Honey or Date Syrup
- 100grams Coconut Oil
- 1 free range or organic egg
- 20grams cold water
- 2 teaspoons Sodium Bicarbonate
- 20grams Chia Seeds
- 8-10 Organic Medjool Dates
- 250grams Gluten Free Plain Flour
- 100grams organic dark chocolate chips

Thermomix Method:

Place bananas, honey (or date syrup), coconut oil, egg, water, sodium bicarbonate, chia seeds and dates into Thermomix and blitz for 15 seconds on speed 7.

Add in flour and blitz again for 10 seconds on speed 7, scrape down sides and repeat for another 10 seconds.

Add in the dark chocolate chips, and gently mix into batter for 10 seconds, reverse speed 5.

This generally makes around 12-18 muffins so pour batter evenly into muffin cups and bake for 15-20 minutes or until cooked through (test with a skewer, if it comes out clean then they're done).

Turn out onto a cooling rack and enjoy. These can be frozen and used for a healthy lunchbox or after school treat.