

Chocolate Banana Bread

PREP TIME: 10-15 MINUTES
COOK TIME: 20-25 MINUTES

YIELDS: 2-3 RAMEKIN-SIZED MUFFINS

Ingredients

- 1 cup oats
- 2 bananas, ripe
- 3 dates, dried & pitted
- 2 eggs, raw
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- Optional: 1 tablespoon honey

Qualities

- Texture: Soft
- Rating for Scent: 3/10
- Spice Level: 0/10

Recipe Benefits

- Gluten Free
- Promotes Gut Health
- Anti-nausea
- Anti-inflammatory



Nutrition Content for 1 Muffin

Calories: 277kcal Carbohydrates: 50g
Fat: 6g Fiber: 6g
Protein: 9g Added sugar: 6g
Sodium: 43mg

Directions

1. Preheat oven to 350°F.
2. Ensure the dates contain no pits (sometimes they still have pits or debris, even if the packaging says “pitted”).
3. In a food processor, chop the dried dates first.
4. Add the remaining ingredients and blend until smooth.
5. Spray 2–3 ramekins or a muffin pan with cooking spray.
6. Evenly pour the mixture into the molds, dividing evenly.
7. Bake in the preheated oven for 20–25 minutes, or until firm.
8. Allow to cool before removing muffins from the mold.



Chef Tips/Adjustments

- For added calories, add 1–2 tablespoons heavy cream to the batter.
- Eggs can be omitted for fewer calories.
- Honey can be added for additional sweetness, if desired.
- Chocolate chips can be added to this recipe to make a double chocolate muffin.