

ELLA MILLS' CHOCOLATE BANANA MUFFINS

INGREDIENTS

Makes 12

- 3 large overripe bananas (about 350g, peeled weight)
- 150ml almond or oat milk
- 3 tablespoons coconut oil, melted
- 4 tablespoons cacao powder
- 200g spelt flour
- 100g coconut (or brown) sugar
- 1 teaspoon bicarbonate of soda
- ½ teaspoon baking powder
- Pinch of salt
- 80g dark chocolate (we like 70% cocoa solids)
- About 12 walnuts (or pecans), roughly chopped or broken (if you want to make these nut free leave these out)



METHOD

- Preheat the oven to fan 180°C fan and line a 12-hole muffin tray with cases.
- Chop the dark chocolate into chunks, roughly the size of a chocolate chip.
- Mash the bananas in a large bowl using a fork, until smooth and creamy.
- Add the almond milk, coconut oil, cacao powder, spelt flour, coconut sugar, bicarbonate of soda, baking powder and salt, then stir until a smooth batter forms.
- Stir the dark chocolate into the mixture. I always keep a small handful of it back so that I can put it on top of the muffins, as it makes them look even more chocolatey and delicious.
- Spoon 2 tablespoons of mixture into each muffin case, scatter over some walnuts, if using, and add a little piece of chocolate to the top.
- Bake for 25 minutes, then leave the muffins to cool for 10–15 minutes before serving.

