



Plant-Powered Chocolate Muffins

Prep: 10 minutes | Cook: 15-25 minutes | Total: 25-40 minutes

Yield: 12 servings | Serving Size: 1 muffin or 2 mini muffins

Ingredients

Nonstick cooking spray
8 ounces (1 container) dark chocolate hummus
3 eggs
1 large ripe banana (or 2 small), mashed
¼ cup sugar (or alternative sweetener)
2 tablespoons canola oil
½ cup all-purpose flour
1 teaspoon baking soda
¼ cup dark chocolate chips

Directions

1. Preheat oven to 350°F.
2. Prepare muffin tin by coating with nonstick cooking spray. Set aside.
3. In a medium bowl, add hummus, eggs, and mashed bananas. Blend well using a hand mixer.
4. Add sugar and oil into hummus mixture and blend well.
5. In a small bowl, combine the flour and baking soda. Add to the wet ingredients and blend just until combined.
6. Gently fold the chocolate chips into the mixture.
7. Scoop batter into muffin tins, filling each ~¾ full.
8. Bake mini muffins for 15-16 minutes and regular sized muffins for 20-24 minutes, or until an inserted toothpick comes out clean.
9. Allow to cool and enjoy.

Recipe Notes

- If you cannot find chocolate hummus, you may substitute ¼ cup cocoa powder, 3 tablespoons of sugar and 1 cup white beans, pureed.
- Muffins will store well in the refrigerator for one week or freezer for up to 3 months.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 270 mg | Total Carbohydrate: 17 g | Dietary Fiber: 1.5 g | Protein: 5 g**

Adapted from Sarahremmer.com | Submitted by Robin LaCroix, RD, CSO
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