

Vegan Banana Muffins

This recipe is my base for dessert life. Even though muffin says breakfast, I use this for many dessert opportunities. You leave it simple and enjoy for breakfast or you can jazz it up with a spread of ganache as a full fledged dessert. This recipe is dairy free, egg free, soy free, peanut free and tree nut free.

The Recipe:

2 cups flour

1 teaspoon baking soda

2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup vegetable oil

5 tablespoons applesauce

³⁄₄ cup honey

3 very ripe bananas (super almost ugly looking ripe)

Festive cupcake paper liners

Optional mix in ideas:

2 cups allergen friendly chocolate chips

³⁄₄ cup of fruit jam inserted into filled muffin using squeeze bottle with long tip

Drizzle chocolate glaze on top

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Directions:

- 1. Preheat oven to 350 degrees and line muffin pans with cupcake liners OR spray muffin tins with vegetable oil spray and skip the liners for a more elegant look.
- 2. Using a large mix bowl, stir together flour, baking soda, baking powder and salt.
- 3. Create a hole in the center of the flour and add oil, applesauce and honey.
- 4. Mix all ingredients thoroughly.
- 5. Peel and mash bananas.
- 6. Add to mixture.
- 7. Add optional chocolate chips if using.
- 8. Bake for 18 to 20 minutes. Insert toothpick in center of muffin and if it comes out clean the muffin is done.
- 9. Cool on baking rack.
- 10. If filling with fruit jam, wait until the muffin is completely cooled before using squeeze bottle containing jam. Insert tip into muffin and squeeze jam into muffin.

