

RF's Meal Prep Chocolate Fudge Muffins

10 ingredients · 30 minutes · 12 servings



Directions

1. Preheat your oven to 350F and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
2. In a high-powered blender, add bananas, eggs, peanut butter, oats, honey, cocoa powder, vanilla, baking powder, salt and water. Blend until smooth and well mixed.
3. Scoop batter into prepared muffin tin, filling about 2/3rd of the way full Sprinkle the top with chocolate chips, if desired.]Bake for 13-15 minutes (Mine took about 18 minutes) or until a tester comes out clean.
4. Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size

One serving is equal to one muffin.

Storage

Store in the fridge for 5 days or in the freezer for a few months.

Our GO TO

This recipe has been around for well over a year now BUT we have a lot of new members and I want to make sure EVERYONE has this incredible recipe on hand :)

Ingredients

- 2 Banana
- 1/2 cup Cocoa Powder
- 1/4 tsp Sea Salt
- 1 tsp Baking Powder
- 1/2 cup Maple Syrup
- 2 Egg
- 1 cup All Natural Peanut Butter
- 3/4 cup Oats
- 2 tsps Vanilla Extract
- 1/4 cup Water