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## FLOURLESS DOUBLE CHOCOLATE PEANUT BUTTER MINI BLENDER MUFFINS (GLUTEN-FREE)



The muffins are ridiculously soft, moist, rich, decadent, but only about 100 calories each. There's no refined sugar, and just 3 tablespoons of honey used for the entire batch. They're sweet enough without being too sweet, and make for a satisfying and comforting snack (or breakfast) when you need a chocolate-peanut butter fix. There's no flour, ground oats, almond meal, grains, or specialty flours. They're flourless and naturally gluten-free, and are dairy-free and oil-free. This batter is made in the blender or food processor in minutes. The peanut butter flavor is present, but it doesn't overwhelm or dominate. Depending on how ripe your banana is dictates how banana-ey the muffins taste, but even with a very ripe banana, it's muted by all the chocolate. These springy, bouncy little muffins just melt in your mouth, and I find become softer and taste a day or two later after the flavors have married.

YIELD: 17 mini muffins    PREP TIME: 5 minutes    COOK TIME: 8 to 12 minutes, or until done - see below  
TOTAL TIME: about 30 minutes, for cooling

### INGREDIENTS:

1 medium/large ripe banana, peeled  
1 large egg  
heaping 1/2 cup creamy peanut butter (I recommend using classic storebought peanut butter, and not natural or homemade because it can be oily or separate)  
1/3 cup unsweetened natural cocoa powder  
3 tablespoons honey (agave, brown rice syrup, or maple syrup may be substituted)  
1 tablespoon vanilla extract  
1/4 teaspoon baking soda  
pinch salt, optional and to taste  
heaping 1/2 cup mini semi-sweet chocolate chips + more for sprinkling muffin tops

### DIRECTIONS:

1. Preheat oven to 400F. Prepare [mini muffin pans](#) by spraying very well with cooking spray or grease the pans; set aside.
2. To the canister of a [blender](#), add first 8 ingredients, through optional salt, and blend on high speed until smooth and creamy, about 1 minute.
3. Add heaping 1/2 cup chocolate chips and stir in by hand; don't use the blender because it will pulverize them.
4. Using a tablespoon or small [cookie scoop](#), drop rounded 1 tablespoon mounds into prepared pans. Each cavity should be filled to a solid 3/4 full.
5. Sprinkle each muffin with a generous pinch of chocolate chips.
6. Bake for 8 to 12 minutes, or until the tops are set, domed, springy to the touch, and a toothpick inserted into the center comes out clean, or with a few moist crumbs, but no batter. That's a large range with baking time and I find with medium bananas, there's less batter, the cavities are less full, and 8-9 minutes is about right. With a larger banana or slightly

more batter in each muffin cavity, 11-12 minutes is right. For these, I used a large banana and baked 11:30. Due to the mini size and oven variance, watch your muffins closely, and bake until done. Allow muffins to cool in pans for about 10 to 15 minutes, or until they've firmed up and are cool enough to handle. It's normal for muffin tops to be quite domed in oven but flatten as they cool. Muffins will keep airtight at room temperature for up to 5 days, or in the freezer for up to 6 months. I find the muffins get softer over time and taste better on days 2-3 after the flavors have married.

Adapted from [Flourless Peanut Butter Chocolate Chip Mini Blender Muffins](#)

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