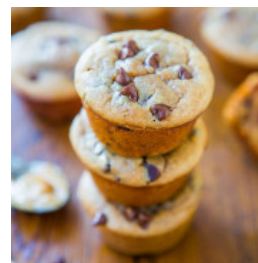


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## FLOURLESS PEANUT BUTTER CHOCOLATE CHIP MINI BLENDER MUFFINS



The fastest and easiest batter I've ever made. Combine all ingredients (except the chocolate chips) and blend until smooth. The muffins are gluten-free, grain-free, soy-free, dairy-free, oil-free, refined sugar-free, and they're under 100 calories each (66 calories if you omit chocolate chips). For all the health claims you could make about these muffins, the best part is that they taste every bit as good as muffins made with flour, gluten, and lots of added sugar. The peanut butter flavor is pronounced and bold, while the banana disappears almost entirely. I used mini chocolate chips because they're size-appropriate for the mini muffins.

YIELD: *about 17 mini muffins*    PREP TIME: *2 minutes*    COOK TIME: *8 to 9 minutes*    TOTAL TIME: *15 minutes*

### INGREDIENTS:

1 medium 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)  
3 tablespoons honey (agave 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

### DIRECTIONS:

1. Preheat oven to 400F. Prepare [mini muffin pans](#) by spraying very well with floured cooking spray, or grease and flour the pans; set aside. If keeping gluten-free for health reasons, simply use cooking spray or grease the pan.
2. To the canister of a [blender](#), add first 7 ingredients, through optional salt, and blend on high speed until smoothy and creamy, about 1 minute.
3. Add 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 that's been sprayed with cooking spray (helps batter slide off spoon or scoop easily), form rounded 1 tablespoon mounds and place mounds into prepared pans. Each cavity should be filled to a solid 3/4 full.
5. Bake for 8 to 9 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. Due to their small size and oven variance, make sure to watch your muffins closely, and bake until done. Allow muffins to cool in pans for about 10 minutes, or until they've firmed up and are cool enough to handle. Muffins are best fresh, but will keep airtight at room temperature for up to 5 days, or in the freezer for up to 4 months.

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