

BANANA MUFFINS USING CHICKPEAS

These banana muffins are such a great way to make the perfect snack that packs an extra punch of protein!

TOOLS

- Large bowl

RECIPE NOTES

- If you have a larger 19oz can of chickpeas (540ml), save the rest for another recipe or meal! Pop them into the fridge or even freeze them. Add to soups, salads and sandwiches!

INGREDIENTS

- 2 very ripe bananas
- 1 ¼ cups of chickpeas, drained and rinsed (14 oz/398 ml can)
- 1/2 cup rolled oats
- 1/4 cup packed brown sugar
- 1 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 2 large eggs
- 1/4 cup butter melted
- 1 tsp vanilla extract

DIRECTIONS- this makes 12 muffins

1. Preheat the oven to 375 F.
2. Mash together in a large bowl- OR in a food processor: drained and rinsed chickpeas, bananas, and rolled oats. Really mash well until no real chunks remain. If you have a food processor you can certainly puree them too.
3. To this bowl, let's add our brown sugar, baking soda, cinnamon, salt, eggs, butter, and vanilla extract.
4. Stir until combined.
5. Spoon batter into lined muffin tins and bake about 20 mins. We're looking for golden-brown tops and a clean toothpick. ENJOY!