

Banana, pecan and chocolate chip muffins with peanut butter frosting

INGREDIENTS FOR THE MUFFINS

- 🍴 1/3 cup canola oil
- 🍴 1/2 cup maple syrup
- 🍴 2 large eggs
- 🍴 1 cup ripe mashed bananas
- 🍴 1/4 cup almond milk
- 🍴 1 tsp baking powder
- 🍴 1 tsp vanilla
- 🍴 1/2 tsp salt
- 🍴 1 tsp cinnamon
- 🍴 1 3/4 cups self raising flour
- 🍴 1/3 cup rolled oats
- 🍴 1/2 cup chopped pecans
- 🍴 1/3 cup chocolate chips

INGREDIENTS FOR THE FROSTING

- 🍴 1/2 cup unsweetened smooth peanut butter
- 🍴 1/4 cup icing sugar
- 🍴 1 tbsp almond milk
- 🍴 1/8 tsp salt

TOPPINGS

- 🍴 Whole pecans & chocolate chips

METHOD

- 🍴 Preheat oven to 175C and line a muffin tray with muffin cases
- 🍴 In a large bowl whisk together the oil & maple syrup
- 🍴 Add the eggs, bananas, milk, vanilla and whisk really well
- 🍴 Put a sieve over the bowl and sieve in the baking powder, cinnamon and flour
- 🍴 Remove the sieve and add the oats, pecans and chocolate chips. Using a spatula mix till just combined
- 🍴 Spoon the mix into the muffin cases and bake for about 25 mins till a skewer comes out clean
- 🍴 To make the icing whisk the ingredients together. If you want it a little more runny add a little more almond milk
- 🍴 When the muffins are completely cool, pipe the icing on top and decorate with the pecans & chocolate chips
- 🍴 Enjoy