



SPORTS NUTRITION RECIPES

CHOCOLATE RECOVERY MUFFINS



BY BREEZE BROWN, RD

WHAT YOU'LL NEED:

1 C FLOUR (GLUTEN FREE FLOUR WORKS FINE)
1 TBSP. CORNSTARCH
1/2 TSP. BAKING SODA
1/4 TSP. SALT
1/2—3/4 C DARK CHOCOLATE CHIPS
4 TBSP. COCOA POWDER
1 EGG (OR EGG SUBSTITUTE EQUIVALENT)
1/2 C PLAIN GREEK YOGURT
1/4 C PEANUT BUTTER (OR COCONUT OIL IF ALLERGIES ARE PRESENT)
1TSP VANILLA EXTRACT
1/3 C BROWN SUGAR
2 EXTREMELY RIPE BANANA (BROWN IS BEST. TO RIPEN BANANAS, PLACE IN OVER AT 250° FOR A FEW MIN. WATCH UNTIL THEY TURN BROWN

PUTTING IT TOGETHER:

1. PREHEAT OVEN TO 350°
2. COAT 12 COUNT MUFFIN TIN WITH COOKING SPAY AND DUST WITH 1TBSP COCOA POWDER. SILICONE MUFFIN TRAYS WORK GREAT FOR THIS RECIPE
3. IN A SMALL BOWL TOSS TOGETHER FLOUR, CORNSTARCH, BAKING SODA, SALT, COCO POWDER AND CHOC CHIPS, STIR.
4. IN ANOTHER BOWL REMOVE SKINS FROM RIPE BANANAS AND MASH. ADD EGG, YOGURT, PEANUT BUTTER, VANILLA AND BROWN SUGAR; MIX.
5. COMBINE WET AND DRY INGREDIENTS AND MIX
6. PORTION THE BATTER INTO THE 12 MUFFIN CAVITIES.
7. BAKE FOR 18-20 MIN OR UNTIL TOOTHPICK COMES OUT CLEAN.
8. ALLOW TO COOL BEFORE REMOVING FROM MUFFIN TIN. STORE IN AIRTIGHT CONTAINER OR ZIP LOCK BAG FOR UP TO 3 DAYS IN FRIDGE OR 1 MONTH IN FREEZER.