# Flourless Chocolate PB Banana Cupcakes

DESSERTS

| YIELD | ACTIVE | TOTAL | OVEN | PER SERVING |
|---|---|---|---|---|
| 12 cupcakes | 10 min | ≈40 min | 350 °F (177 °C) | 137 kcal · 87 mg Na · 5 g protein |

**EQUIPMENT**
12-cup muffin tin + liners · Blender or food processor

| # | INGREDIENT | MASS | VOLUME | PROCEDURE |
|---|---|---|---|---|
| **1** | Bananas, overripe*, peeled* | 472 g | 4 medium | Oven to 350 °F (177 °C). Line the tin with liners or spray it. Blend the bananas until very smooth. |
| **2** | Eggs | 200 g | 4 large | Add the eggs, peanut butter, vanilla and honey to the bananas. Whisk or blend until smooth. |
| | Peanut butter, Smucker's Natural*, creamy* | 64 g | ¼ cup | |
| | Vanilla extract | 4.2 g | 1 tsp | |
| | Honey | 42 g | 2 tbsp | |
| **3** | Cocoa powder, unsweetened | 43 g | ½ cup | Add the cocoa, baking powder and salt. Fold in gently until just combined. Don’t overmix. |
| | Baking powder, Davis | 4.8 g | 1 tsp | |
| | Salt | | pinch | |
| **4** | Dark chocolate chips, Toll House*, 53%* | 56 g | ¼ cup | Fold in the chocolate chips. Divide the batter evenly among the cups. |
| **5** | | | | Bake until a toothpick comes out with a few moist crumbs, 18–22 min. They’ll look slightly underdone; that’s right. Cool in the tin 10 min. |

| NUTRITION | MASS | CALORIES | SODIUM MG | PROTEIN G |
|---|---|---|---|---|
| Bananas, overripe | 472 g | 420 | 5 | 5 |
| Eggs | 200 g | 286 | 284 | 25 |
| Peanut butter, Smucker's Natural | 64 g | 380 | 220 | 16 |
| Vanilla extract | 4.2 g | 12 | 0 | — |
| Honey | 42 g | 128 | 2 | 0 |
| Cocoa powder, unsweetened | 43 g | 98 | 9 | 8 |
| Baking powder, Davis | 4.8 g | — | 518 | — |
| Dark chocolate chips, Toll House | 56 g | 320 | — | 4 |
| **Total** | | **1,644** | **1,038** | **59** |
| **Per serving (1/12)** | | **137** | **87** | **5** |

Nutrition: USDA FoodData Central: SR Legacy (bananas, eggs, vanilla, honey, natural cocoa) and Branded Foods labels (Smucker’s Natural Creamy, Davis, Nestlé Toll House Dark 53%). Pinch of salt and pan spray not counted.

**NOTES**

- Dense and fudgy like a brownie, not fluffy. Great cold from the fridge.
- Keeps 5 days in the fridge, or freeze individually up to 2 months.
- Extras, not counted: ½ tsp Nutella swirled into each before baking, or a frosting of Greek yogurt, cocoa and honey whipped together.