

flourless peanut butter banana brownies (one bowl)

servings: 9

prep time: 5minutes mins

cook time: 25 minutes mins

total time: 30minutes mins

ingredients

- 2 ripe bananas
- 1 cup Sunbutter for nut allergies or if not Almond butter all natural, room temp.
- 1/3 cup maple syrup (or honey)
- 1 egg
- 3 tbs [cacao powder](#)
- 1 tsp [vanilla extract](#)
- 1 tsp [baking soda](#)
- pinch of salt
- 1/2 cup [chocolate chips](#) (for garnish)

instructions

1. Preheat your oven to 325 F. Line an 8x8 inch brownie pan with parchment paper or spray with coconut oil or grease with butter.
2. In a large bowl mash your bananas. Add the sunbutter, maple syrup, egg, cacao powder, vanilla, baking soda and salt to the bowl. Mix until just combined. Fold in the 1/2 cup of chocolate chips.
3. Transfer the batter to your prepared pan and spread out evenly with a rubber spatula. Toss chocolate chips evenly on top.

4. Bake for 25 minutes or until toothpick comes out clean. Allow it to cool in the pan for 15 minutes prior to removal. Place on wire rack for minimum 1 hour or over night in a Tupperware.

notes

You can substitute the bananas with 3/4 cup pumpkin puree.

You can substitute the peanut butter with almond butter or any nut or seed butter.

You can substitute the maple syrup with honey or agave.