



# Cocoa Banana Cupcakes

Prep Time: 20 min. Cook Time: 20-30 min. Makes: 12 cupcakes.

Here's a yummy sesame-ginger dressed bowl with all the plant food groups represented, in proportion and at an average portion size. Scale up or down, based on your energy needs. Choose the bowl size that works for you, and fill it with wonderful foods to fuel your body.

## WET INGREDIENTS

3 medium bananas  
1 cup almond milk  
2 Tbsp almond butter  
1 Tbsp molasses  
1 tsp apple cider vinegar  
1 tsp vanilla extract

## DRY INGREDIENTS

1 1/2 cup whole grain flour  
1/4-1/2 cup unrefined sugar  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 cup cocoa powder  
pinch sea salt

## MIX IN INGREDIENTS

1/4 cup dark chocolate chips,  
dried cranberries or walnuts  
(optional)

## DIRECTIONS

1. Preheat the oven to 350 F.
2. Put the bananas and all the wet ingredients in a blender and puree until smooth.
3. Put the flour and dry ingredients in a bowl and stir to combine.
4. Mix together the wet and dry, stirring as little as possible, and fold in the chocolate chips or other mix ins.
5. Spoon into muffin cups or greased muffin tins, and bake at 350F for 20-30 minutes.
6. Take them out of the oven and let them cool fully before taking out of the trays, since they'll be very moist.
7. Keep them refrigerated.

## NUTRITION FACTS

Per serving  
Calories 89

		% Daily Value*
4 g	Total Fat	6%
1 g	Saturated Fat	7%
0 mg	Cholesterol	0%
97 mg	Sodium	4%
15 g	Carbohydrates	5%
3 g	Dietary Fiber	10%
7 g	Sugar	
2 g	Protein	3%
68 IU	Vitamin A	1%
3 mg	Vitamin C	5%
58 mg	Calcium	6%
1 mg	Iron	9%

## Hints & Tricks

To make icing, mix together until smooth:  
1/4 cup almond butter  
1/4 cup maple syrup  
1/4 cup cocoa powder