

# Shawn & Andrew's Favorite Recipes

NAME OF DISH *Shawn's Choco-Peanut Butter Power Muffins*

**CATEGORY:**

dessert / makes 10

**PREP TIME:**

10 minutes

**COOK TIME:**

25 minutes

## ingredients

- ☐ 1 can chickpeas, rinsed and drained (15 ounce)
- ☐ 3 large eggs
- ☐ ½ cup creamy natural peanut butter \*for healthiest option- use peanut butter with just peanuts and salt
- ☐ ½ cup pure maple syrup or honey
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon baking powder
- ☐ ¼ teaspoon salt
- ☐ ½ cup dark chocolate chips \*Mini chocolate chips work best

\*Save 3 Tablespoons to sprinkle on top of the muffins before cooking

## directions

preheat oven to 350° and spray your cupcake pan and then add liners

blend chickpeas and 1 egg in blender until fully blended

once fully blended, add 2 more eggs, peanut butter, maple syrup,

vanilla, baking powder, salt, and process again until smooth.

fold in chocolate chips

put batter equally in your muffin pan and sprinkle remaining chips

bake for 25 mins or until until toothpick inserted into the middle of a

muffins comes out clean then place on cooling rack

best stored in an airtight container in the fridge