



HEALTHY BANANA CHIA MUFFINS

with Vava Vanilla



Serving: 10-12 muffins 🕒 30 minutes

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Inside Tips: For extra moisture and sweetness, let the mashed bananas sit for 5 minutes before mixing. This enhances their natural sugars and improves the muffin texture!

WHAT YOU NEED

Ingredients

- 1 ½ cups Dilettoso Vava Vanilla Mix
- 2 medium ripe bananas, mashed
- 2 tablespoons chia seeds
- ½ teaspoon cinnamon (optional, for warmth)
- ½ teaspoon baking soda (to enhance rise)
- ¼ cup nut butter (almond, cashew, or peanut)
- ⅓ cup unsweetened almond milk (or any milk of choice)
- ¼ cup melted coconut oil (or avocado oil)
- 1 teaspoon apple cider vinegar (for fluffiness)
- 1 teaspoon vanilla extract (for extra depth of flavor)
- ¼ cup sugar-free chocolate chips or chopped nuts (optional)

HOW TO DO IT

1. **PREHEAT & PREPARE:** Preheat your oven to 175°C (350°F), then line a muffin tin with paper liners or lightly grease it.
2. **MIX Dry Ingredients:** In a large bowl, whisk together Dilettoso Vava Vanilla Mix, chia seeds, cinnamon, salt, and baking soda.
3. **MASH Bananas & Combine Wet Ingredients:** In another bowl, mash the bananas until smooth.
4. **WHISK** in the nut butter, almond milk, melted coconut oil, apple cider vinegar, and vanilla extract until fully combined.
5. **COMBINE Wet & Dry:** Gradually add the wet ingredients to the dry mixture, stirring until just combined. Do not over-mix. If using, gently fold in the sugar-free chocolate chips or chopped nuts.
6. **FILL Muffin Cups:** Divide the batter evenly among the muffin cups, filling each about ¾ full.
7. **BAKE** for 18-22 minutes or until a toothpick inserted in the center comes out clean.
8. **COOL & SERVE:** Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.
9. **ENJOY** warm or store in an airtight container for up to 5 days.

Buon Appetito!