**Deanna’s Chocolate Banana Muffins with Variations**

**Yield: 12 Muffins / SmartPoints per muffin: ① ① ①**

Special equipment: Foil muffin pan liners

3 very ripe bananas, thawed if frozen

¼ cup liquid egg substitute

1 teaspoon vanilla extract

¼ cup no-calorie sweetener, such as Splenda or Stevia

2 tablespoons sugar-free maple syrup

1 cup self-rising flour

1 teaspoon baking powder

1 teaspoon baking soda

3 tablespoons unsweetened cocoa powder

½ teaspoon cinnamon

1/3 cup fat-free plain Greek yogurt

Preheat oven to 350°. Line cupcake pan with foil liners.

Mash bananas well with a fork. Combine mashed bananas with egg, vanilla, sweetener and syrup and combine well with a spatula. Fold in flour, baking powder, baking soda, cocoa powder and cinnamon and combine just until dry ingredients are incorporated. Do not over mix. Fold in yogurt and any additions\*, if using.

Spoon batter into pans (about ¼ cup per muffin); bake for 15-17 minutes or until toothpick inserted comes out mostly clean. Cool in pan on a wire rack.

Store muffins in zip-top bags the refrigerator for up to 5 days.

Muffins can be frozen for up to 3 months.

\*Optional additions:

1 cup fresh cherries, pitted and roughly chopped

1 cup sliced fresh strawberries

1 cup fresh raspberries

1 tablespoon fresh orange zest

1 tablespoon instant espresso

[**Find more recipes at: deannathechef.com**](http://www.deannathechef.com/)