

Recipe posted on gingerfriesen.com, March 2018

Muffin Tops

Adapted from Oh She Glows Every Day cookbook, "Banana Bread Muffin Tops"

Ingredients:

- 2 large very ripe bananas (12 oz with peel)
- 1/2 cup packed pitted Medjool dates (4 ½ oz)
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon plus 1/8 teaspoon fine sea salt
- 2 cups old-fashioned rolled oats
- 1/4 cup mini chocolate chips (I use Enjoy Life semi-sweet mini chips)

Instructions:

1. Preheat oven to 350 degrees.
2. In a food processor, combine bananas, dates, coconut oil, and vanilla and process for at least a minute until smooth.
3. Add the cinnamon, baking powder, and salt and process again until combined.
4. Add 1.5 cups of the rolled oats and process for only 4-5 seconds, just long enough to roughly chop the oats.
5. Remove processor bowl from base and carefully remove blade. Transfer the dough to a mixing bowl and stir in the remaining 1/2 cup rolled oats and the chocolate chips by hand with a wooden spoon.
6. Spoon the dough into large portions onto a Silpat baking sheet, or onto a regular baking sheet lined with parchment paper. Make the mounds large enough so that you get no more than 9 or 10 muffin tops from the batter. Gently flatten the mounds to look like large thick cookies.
7. Bake for 8 minutes, rotate the pan in the oven, and bake for 8 more minutes, until golden on the bottom.
8. Transfer the baking sheet to a cooling rack and let cool completely before removing the muffin tops to a container for storage. We store ours in the fridge.

Notes:

*Since I have a kitchen scale, I use the ounce measurements for the bananas and the dates, but you don't have to.

*I buy Medjool dates either at Aldi or at Costco. Both places carry the same Sun Date brand. They are usually very moist and work great for this recipe. If you happen to have dates that are dry or too firm to blend well in the food processor, you can soften the dates first by soaking in boiling water for 20-30 minutes until softened. Then drain before proceeding with the recipe.