

## Gluten-free Chocolate Chocolate Chip Muffins

Ingredient	%
• Sugar, granulated	7.50
• <b>NuBana™ P500 Green Banana Flour</b>	6.50
• Butter	4.00
• Eggs, large	7.50
• Milk	39.00
• Brown Rice Flour	16.00
• Cocoa Powder	3.00
• Baking Powder	2.00
• Baking Soda	1.00
• Salt	0.50
• Chocolate Chunks	12.50
• Vanilla	0.50
	100%

Add butter to **NuBana™ Whole Green Banana Flour** and sugar; blend until powders are coated with butter.

**Blend 15 seconds on low; 1 minute on medium**

Add eggs and cream.

**Blend 1 more seconds on low; 1 on medium**

Gradually add milk with mixer on low speed (30 seconds), then blend on **medium** for an additional minute.

Sift together remaining dry ingredients and add to creamed mixture.

**Blend 15 seconds on low; 1 minute on medium**

Add chocolate chunks and vanilla

**Blend until mixed**

Scaling weight: 70 grams

**Bake at 375° F for 20 minutes. Cool 5 minutes in pan.**

Enjoy!

*\*The nutritional panel is an average based on analysis. Variations in natural ingredients may occur. All average values should be used only to approximate nutritional value of any formulation.*

Nutrition Facts			
Serving Size 1 muffin (62g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	170	Calories from Fat 50	
% Daily Value*			
<b>Total Fat</b>	6g	9%	
Saturated Fat	3.5g	17%	
Trans Fat	0g		
<b>Cholesterol</b>	30mg	9%	
<b>Sodium</b>	580mg	24%	
<b>Potassium</b>	170mg	5%	
<b>Total Carbohydrate</b>	27g	9%	
Dietary Fiber	2g	9%	
Sugars	12g		
<b>Protein</b>	4g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	8%
<b>Magnesium</b>	4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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