# Chocolate Plantain Muffin

1. Wash hands with soap and warm water.
2. Preheat oven to 350°F.
3. Peel a ripe plantain and put in large bowl.
4. Mash with a fork until smooth. Then crack the eggs and mix in with fork.
5. Add all ingredients except chocolate chips in the bowl.
6. Blend until smooth, using a spatula to scrape down the sides if needed.
7. Add in chocolate chips and lightly mix until evenly distributed.
8. Pour batter in a well greased muffin pan.
9. Bake for 20 minutes until a toothpick comes out clean.
10. Let it rest for 10 minutes until cool and serve and enjoy!

# Muffin de Plátano y Chocolate

1. Lávese las manos con jabón y agua tibia.
2. Precaliente el horno a 350°F.
3. Pele un plátano maduro y póngalo en un tazón grande.
4. Triture con un tenedor hasta que quede suave. Luego rompe los huevos y mézclalos con un tenedor.
5. Agregue todos los ingredientes excepto las chispas de chocolate en el tazón.
6. Mezcle hasta que quede suave, usando una espátula para raspar los lados si es necesario.
7. Agregue las chispas de chocolate y mezcle ligeramente hasta que se distribuya uniformemente.
8. Vierta la masa en un molde para muffins bien engrasado.
9. Hornear durante 20 minutos hasta que al pinchar con un palillo salga limpio.
10. Deja reposar por 10 minutos hasta que se enfríe y sirve y ¡disfruta!

RHODE ISLAND COMMUNITY FOOD BANK

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Prepared by Rhode Island Community Food Bank's Healthy Habits, Eating Well on a Budget Program | July 2023. Contact: Flannery Sullivan, Community Nutrition Manager | (401) 230-1671| fsullivan@rifoodbank.org

# Chocolate Plantain Muffins

Contains Allergens
Contiene Alérgenos

*Gluten-free muffins made with ripe plantains and delicious chocolate!*
*¡Muffins sin gluten hechos con plátanos maduros y delicioso chocolate!*

| | |
|---|---|
| **Servings/ Porciones** | **12 Portions** |
| **Cost of Recipe/ Costo de Receta** | **$6.37** |
| **Cost per Serving/ Costo por Porción** | **$1.59** |

healthy recipes

## LOGO KEY/CLAVE DE LOGOTIPO:

**Look inside for ingredients that can be swapped for whatever form you have on hand!**
**¡Busque en el interior para los ingredientes que se pueden cambiar por cualquier forma que tenga!**

Canned Lata | Dried Seco | Fresh Fresco | Frozen Congelado

FAMILY FAVORITE
healthy habits
EATING WELL ON A BUDGET

# Ingredients/Ingredientes:

2

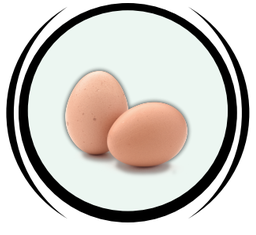
1/4 cup
1/4 taza

1/4 cup
1/4 taza

1/2 cup
1/2 taza

1/4 cup
1/4 taza

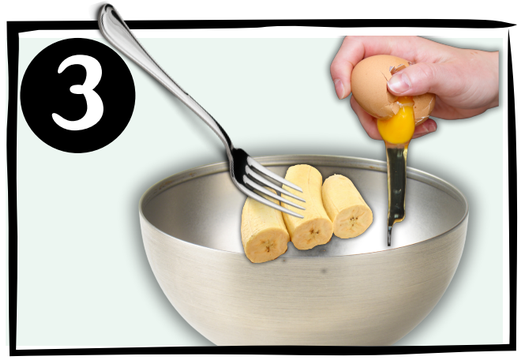
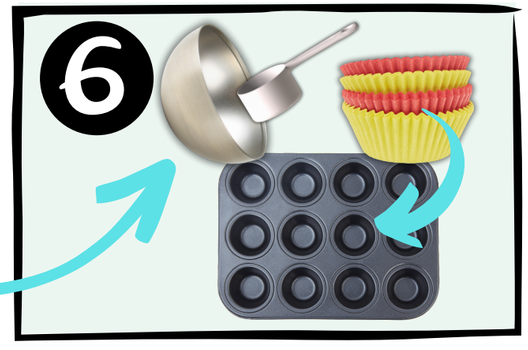
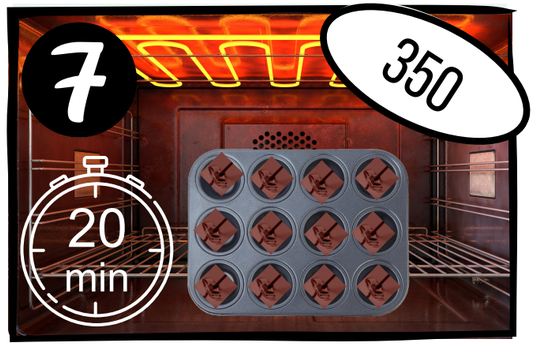
1 TSP
1 CDITA



2

2 TSP
2 CDITA

# Tools Needed/Instrumentos:

TSP = teaspoon
TBSP= tablespoon
CDITA= cucharadita
CDA= cucharada

# Directions/Direcciones: