Vegan Banana Carob Chip Muffins

Ingredients

For the Muffins

- 4 ripe bananas
- ½ cup brown sugar
- ½ cup plant-based milk
- ¼ cup vegetable oil
- 2 ½ cups all-purpose flour
- 1 tbsp. baking powder
- 2 tsp. mesquite powder (sub ½ tsp. cinnamon)
- ¼ tsp. ground cloves
- 1 tsp. salt
- ¾ cup carob chips
- ½ cup chopped pecans

For the Topping:

- ½ cup old fashioned oats
- ¼ cup all-purpose flour
- ¼ cup brown sugar
- ¼ cup chopped pecans
- ¼ cup vegan butter

Steps

1. Preheat the oven to 350°F (175°C). Use muffin liners to prepare 18 muffin tins, and set aside.

2. Peel the bananas, and place in a large mixing bowl. Mash well- you can also blend the bananas for a smoother mash. Add the brown sugar, plant-based milk, and vegetable oil in a large bowl and mix to combine. Add the all-purpose flour, baking powder, mesquite, cloves, and salt. Stir to combine. Once well mixed, add the carob chips and chopped pecans and fold to integrate. Divide the batter evenly between the 18 tins.

3. Give the mixing bowl a quick rinse, and then prepare the topping. Melt the vegan butter, and combine with the oats, flour, brown sugar, and chopped nuts. Add a heaping teaspoon on top of each of the muffins. Place the muffins in the heated oven, and bake for 25 minutes. Let cool, and enjoy!