Pumpkin Banana Muffins (can be GF)
(TheSaltedSweets.com)

½ c. (113.5g) butter, optional browned and cooled
1 large banana
1 c. (200g) sugar
2 large eggs, room temperature
1 c. (235g) pumpkin puree
1 t. vanilla
½ t. baking soda
½ t. salt
2 t. pumpkin spice
1½ c. all-purpose flour (210g) (or use ½ protein powder ½ flour) GF flour works too!
1 c. (180g) chocolate chips
Turbinado sugar for topping

INSTRUCTIONS

1. Start by browning the butter. You'll take ½ cup of butter and melt in a medium saucepan, and then continue to cook beyond the point of boiling. You will do this over medium heat, past the point of the butter foaming, until it turns a nice golden brown, and has a nutty smell. Make sure you are stirring and watching it, because it will turn from the ideal amber brown to burnt fairly quickly. Once finished browning, pour into a bowl and allow to cool completely. You want all the little brown bits. Those are what is going to give it the flavor.

2. Preheat the oven to 425° and fill muffin cups with 12 liners (spaced every other for more even cooking) or spray with non-stick spray.

3. In a large bowl mash, your large banana. Add brown butter, sugar, eggs, pumpkin purée and vanilla, whisking or beating until smooth.

4. Pour the baking soda, salt, pumpkin spice and flour into the bowl of wet ingredients and whisk until just combined. Do not overmix. Fold in chocolate chips.

5. Using a ¼ cup cookie scoop, scoop batter into prepared muffin cups. You want muffin cups to be completely full. Top with a few additional chocolate chips and some turbinado sugar.

6. Bake for 5-7 minutes at 425°. Without opening the door, reduce the temperature to 375°. Continue baking another 10-15 minutes or until a toothpick inserted in the middle comes out clean.

7. Allow to cool for about 10 minutes before removing from pan.