AMERICAN · DESSERT · SNACK

3-Ingredient Flourless Banana Peanut Butter Brownies

30 min · plus 30 minutes cooling | Makes 9 × 1 brownie | 161 kcal a portion

Video 12:58 · Toasty Apron

Vegan | Gluten-free ingredients

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Very ripe bananas do the sweetening instead of sugar, with peanut butter and cocoa: each brownie has about 15 g net carbs and 3 g fibre, and only 4 g added sugar from the chocolate chips.

Ingredients 5 · MAKES 9 × 1 BROWNIE

- [ ] 3 large **very ripe bananas**, mashed (337 g)
- [ ] 129 g **natural peanut butter**
- [ ] 22 g **unsweetened cocoa powder**
- [ ] 60 g **chocolate chips**, folded in (optional, but recommended)
- [ ] a few extra **chocolate chips** for the top (optional, about 10 g)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Mash three large, very ripe bananas on a plate until smooth, to make about 350 ml. 2:07
2. Put the banana in a bowl, add the peanut butter (warm it for 30 seconds if it is too firm) and the cocoa, and stir into a thick, smooth batter. 2:22
3. If you like, fold in 80 ml chocolate chips (the cook recommends them for sweetness and gooey pockets). 2:50
4. Line a 20 cm square tin with baking paper, snipping the corners so the paper folds in neatly. 2:57
5. Pour in the batter, spread it evenly and scatter a few more chocolate chips on top, if using. 3:08
6. Bake for 18–20 minutes, until a toothpick comes out without raw batter; give it a couple more minutes if needed. 3:15
7. Cool for about 30 minutes so the brownies firm up, then cut into 9 squares. 3:33

> **Tip** Almond butter works instead of peanut butter, or a seed butter for a nut-free version. Keeps 5 days in an airtight container in the fridge, or 3 months in the freezer.

The method is a summary in our words — the video shows every step.

One portion (1 brownie) gives you 1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
161 kcal	4.8 g	18 g	3.1 g	10 g	40 mg
670 kJ	10% of a day	15 g net · 10 g sugars	11% of a day	3.1 g saturated	2% of a day
		6% of a day		13% of a day	

Energy from net carbs 35% · protein 11% · fat 54%

Source of (10–19%) Magnesium 13% · Vitamin B6 12%

Recipe and video: Toasty Apron (@toastyapron) on YouTube — youtube.com/watch?v=UEaLZUypKvQ, published 20 March 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/three-ingredient-banana-peanut-butter-brownies