

LOVE THY CARROT

real food made with love

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PALEO DOUBLE CHOCOLATE BANANA MUFFINS

INGREDIENTS

This recipe makes 9 muffins

2 medium sized ripe bananas, the more brown spots on your bananas the better
1/4 cup honey
2 tsp vanilla extract
2 eggs, room temperature
1/4 cup coconut oil, melted and slightly cooled
2 cups almond flour
3 tbsp coconut flour
1/3 cup cocoa powder
1 tsp baking soda
1/4 tsp salt
1 cup chocolate chips, I use Kresda or Lilly's, or use the brand you like.

DIRECTIONS

1. Preheat the oven to 350°F and line a muffin tin with 9 muffin liners.
2. In a large bowl, mash the bananas, then add the honey and vanilla and stir.
3. Add in the eggs and coconut oil and mix until well combined.
4. To the same bowl add in the almond flour, coconut flour, cocoa powder, baking soda and salt.
- 5 Stir just until combined and then fold in the chocolate chips.
6. Bake for 18 minutes or until a toothpick inserted in the centre comes out clean.
7. Let the muffins cool before removing from pan.

COOKS NOTES

I keep these muffins in the fridge or you can freeze them.
Cold eggs can be warmed in minutes by putting them in a bowl of warm water.
You could substitute maple syrup in place of the honey.