



# Decadent Chocolate Muffins

(Available in Love Bites)

A rich, moist chocolate muffin brings back memories of being a kid and not caring about calories! Luckily, this chocolate muffin has the same richness, but none of the guilt! Bonus? My 10 year old daughter can whip these up all by herself! The moist texture comes from ripe bananas which also adds a natural sweetness to the muffin. This is a “measure and dump” kind of recipe, which I also love because let’s be honest, the worst part of cooking is the cleanup! This recipe does call for eggs, so if you are vegan, feel free to use a flax egg instead. It will work just fine in this recipe. From beginning to actually putting a muffin in your mouth, give this recipe 30 minutes of your time. You’ll be so glad you did!

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## Ingredients

- 2 medium, ripe bananas
- 1/3 cup raw, organic honey or pure maple syrup
- 1 tsp vanilla bean powder or 2 tsp vanilla extract
- 2 eggs, slightly beaten
- ¼ cup unrefined, organic coconut oil
- 2 cups almond flour
- 3 tbsp coconut flour
- 1/3 cup raw cacao powder
- 1 tsp baking soda
- ¼ tsp sea salt
- 1 cup mini chocolate chips

## Preparation

Preheat oven to 350°F line a muffin tin with 12 muffin liners. In a large bowl, mash the bananas with a fork until pureed. Add the honey and vanilla bean powder and stir. Add the eggs and coconut oil and stir until well combined. In a medium bowl, mix together the remaining dry ingredients, except the chocolate chips. Dump dry mixture into the wet mixture and stir just until combined. Fold in the chocolate chips and spoon batter into muffin liners. Bake for 20 minutes until set. Let cool for 5 minutes in the pan and then turn out onto wire rack to cool completely. Store in an airtight container in the fridge.

