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Banana Chocolate Chip Muffins

Got over ripe bananas? Time to make some muffins! Store them if you can!



Ingredients:

- 1 1/2 cups of organic whole wheat flour (freshly ground if possible)
- 1/2 cup of organic coconut flour
- 1/2 cup of sucanat
- 1 tablespoon of baking powder
- 1 teaspoon of baking soda
- 1/2 teaspoon of real salt
- 1 cup of chocolate chips
- 3-4 mashed ripe bananas
- 1/3 cup of melted coconut oil
- 1/4 cup of coconut milk
- 2 eggs
- 1 tablespoon of vanilla extract

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Directions:

1. Preheat the oven to 350 degrees Fahrenheit and grease or place liners in a muffin pan.
2. Place the ripe peeled bananas in a mixer and blend on low speed for 3-5 minutes until well mashed.
3. Add the oil, milk, eggs, and vanilla and mix again on low speed for 1 minute until combined.
4. In a separate large mixing bowl, combine the dry ingredients (flours, sugar, b.powder, b.soda, salt and chocolate chips)
5. Add the banana mixture to the dry mixture and combine until just blended (DO NOT OVER MIX!)
6. Fill each muffin up about 3/4 full.
7. Bake for about 20 minutes or until the tops are golden brown and a toothpick inserted into the center comes out clean.
8. Place muffins on a cooling rack and allow them to sit for 10-15 minutes before attempting to remove the wrapper.

Makes 12 muffins

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