

# Dark Chocolate Banana Muffins

SERVES 12

## Ingredients

### Muffin Batter

- 3 RIPE bananas, mashed
- 1 egg / 1 flax egg (1 T ground flax, 3 T water)
- 1/3 cup Coconut or Greek Yogurt
- 2 T Avocado/Olive/Coconut Oil
- 1/3 c Maple Syrup
- 1 tsp. Vanilla Extract
- 1 1/2 cup Flour (1-1 GF, Regular, or Oat Flour)
- 1 tsp. baking soda
- 2 tsp. cinnamon
- 1/4 tsp. salt
- 1/3 cup dark chocolate chips



## Directions

1. Preheat oven to 375 degrees.
2. Add wet ingredients (banana, egg, yogurt, maple syrup, and vanilla to the bowl and stir.
3. Combine dry ingredients (flour, baking soda, salt, cinnamon) until well incorporated.
4. Gently fold in chocolate chips
5. Distribute equally between 12 pre-greased or silicone muffin cups
6. Bake 20-22 minutes. Let cool on the counter for 10-15 minutes.

## Health Benefits

- Bananas contain potassium, B6, Fiber, and Vitamin C

Nutrition Info - Per Muffin:

Calories: 103 | Carbs: 16 | Fats: 4 | Protein: 2 | Fibre: 1



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