

NOURISH

holistic health & nutrition

Chocolate Coconut Banana Muffins

Serves: 12 Prep + Cook time: 30 minutes

Ingredients

- 3 medium banana(s), mashed (1 cup for 12 servings)
- 3 tablespoons raw, local honey
- 1/4 cup extra-virgin coconut oil, melted
- 1/2 teaspoon vanilla
- 3 large pasture-raised eggs
- 1/4 cup coconut flour
- 1/4 cup cocoa powder, unsweetened
- 1/2 teaspoon baking soda
- 1/2 teaspoon pink himalyan sea salt
- 1/4 cup dairy-free chocolate chips,
- optional, 1 package paper muffin liners

Directions

1. Preheat the oven to 350 F and line a muffin tin with paper baking cups.
2. Place the liquid ingredients (mashed bananas, honey, melted coconut oil, vanilla, and eggs) into a food processor or mixing bowl and mix or whisk together until combined.
3. Add the dry ingredients (coconut flour, cocoa powder, baking soda, and sea salt) to the wet ingredients, and mix together until thoroughly combined.
4. Spoon batter into each cup, dividing evenly between the 12 cups.
5. If desired, sprinkle the tops with chocolate chips.
6. Bake muffins for 15-20 minutes or until a toothpick inserted comes out mostly clean. They will still feel a little soft at the bottom when they're done, but will firm up as they cool.
7. Cool on a wire rack, and store in an airtight container in the fridge. Enjoy!

BONUS TIP: Add 2 scoops of collagen peptides for some extra protein!