

Double Chocolate Muffins

Ingredients

3 each Bananas, very ripe
3 each Eggs, organic
3 Tbsp. Maple syrup, grade A
1 Tbsp. Vanilla extract
2 cups Almond flour, blanched, packed
1/2 cup Dark cocoa powder, unsweetened
1/4 cup Brown rice flour
3 Tbsp. Chia seeds
3 cups Spinach, organic, packed
1 tsp. Baking soda
1/2 tsp. Salt
1/2 cup Dark chocolate chips

Method

- Preheat oven to 350°F. Line muffin tin with muffin liners.
- Add the bananas, eggs, maple syrup, and vanilla to a blender and blend until completely smooth.
- Add in almond flour, cocoa powder, brown rice flour, chia seeds, spinach, baking soda, and salt. Blend until completely smooth. Once the batter is smooth, stir in 1/4 cup chocolate chips (do not blend).
- Scoop batter into prepared muffin liners. Top with a few chocolate chips on each muffin. Bake for 22-27 mins or until the tester comes out clean.
- When they come out of the oven, it's optional to sprinkle with a little sea salt.
- Allow muffins to cool

Nutrition Information

Serves: 12
Serving Size: 1 muffin
Calories: 230
Fat: 14g
Saturated fat: 2.5g
Carbohydrates: 23g
Protein: 7g
Fiber: 5g