

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Banana Nut Chocolate Chip Muffins (Paleo-Style)

From www.paleomg.com

3 bananas, mashed with a fork
3 eggs whisked
¼ cup maple syrup
1 tsp vanilla extract
½ cup smooth almond butter
¼ cup coconut flour
¼ tsp cinnamon
½ tsp baking soda
½ tsp baking powder
Pinch of salt
½ cup chopped walnuts
½ cup dark chocolate chips

1. Preheat the oven to 350°.
2. Mash bananas in a large bowl. Add eggs, maple syrup, almond butter, and vanilla extract and mix together.
3. Then add coconut flour, cinnamon, baking soda and powder and a pinch of salt and mix well.
4. Lastly, fold in walnuts and chocolate chips.
5. Use an ice cream scoop to scoop batter into 9 cups of a lined muffin pan.
6. Bake for 25 minutes. Let cool before removing from pan (These muffins are also really good cold right out of the fridge).