

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chocolate Banana Muffins

From [www.geghblog.com](http://www.geghblog.com)

- 1 3/4 cups whole spelt flour
- 1 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp cinnamon
- 1/2 tsp sea salt
- 1 1/2 cups mashed ripe bananas
- 2/3 cups maple syrup
- 1/3 cup softened coconut oil
- 2/3 cups non-dairy chocolate chips -optional (The darker the chocolate, the healthier it is.)

### Instructions

Preheat the oven to 375 degrees. Prepare a 12-cup muffin tray with paper cups or a light coating of non-stick spray or coconut oil.

Whisk together the flour, baking powder, baking soda, cinnamon, and salt in a large bowl. Add the mashed banana, syrup, and oil. Stir just until all flour is absorbed. Fold in the chocolate chips, if using.

Portion the batter into muffin cups and bake for 20 minutes or until a toothpick inserted in the center comes out clean.