

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chocolate Chip Espresso Banana Bread Muffins

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

3 brown bananas, mashed  
1/3 cup maple syrup  
1 teaspoon vanilla extract  
3 eggs  
1/2 cup almond butter (or other nut/seed butter)  
1/4 cup coconut flour  
1 teaspoon instant coffee grounds  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon cinnamon  
pinch of salt  
1/2 cup Enjoy Life Mini Chocolate Chips  
organic powdered sugar or powdered maple sugar, to garnish (optional)

1. Preheat oven to 350 degrees. Grease a muffin pan with oil.
2. In a large bowl, mix together bananas, maple syrup, vanilla extract, eggs, and almond butter.
3. Then add coconut flour, instant coffee, baking soda, baking powder, cinnamon and salt and mix well. Fold in chocolate chips.
4. Pour mixture into 12 muffin cups and place in oven to bake for 25 minutes.
5. Let cool before removing from muffin cups. Garnish with powdered sugar if desired.