

Banana Chocolate Chip Mini Muffins

Overripe bananas on hand?! Perfect. Here is a mouthwatering grain-free Banana Chocolate Chip Mini Muffin recipe. No added sweeteners in this recipe, the ripe bananas and chocolate chips provide plenty of sweetness!

🕒 Prep: 10 mins Cook: 12 mins Total: 22 mins

👤 Servings: 24 muffins (12 servings)

1x

2x

3x

INGREDIENTS

- ¼ cup almond flour
- ¼ cup coconut flour
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ½ tsp. baking soda
- ¼ tsp. sea salt
- 2 bananas, mashed (~¾–1 cup)
- 3 eggs, whisked
- ¼ cup coconut oil, melted
- 2 tsp. pure vanilla extract
- 1/3 cup dairy-free mini-chocolate chips

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Grease mini-muffin pan with olive oil or coconut oil well or use mini-muffin liners.
2. In a medium bowl, combine all of the ingredients.
3. Mix until just combined.
4. Fill each well about 1/2-3/4 full with batter.
5. Bake for 10-12 minutes or until center of muffins are firm and spring back when gently pressed in the middle.
6. Remove from oven and allow to cool for 5 minutes before removing from pan.

NOTES

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NUTRITION INFORMATION

Serving Size: 2 muffins **Calories:** 143 **Fat:** 10 g **Sodium:** 125 mg **Carbohydrate:** 11 g
(**Fiber:** 2 g **Sugar:** 6 g) **Protein:** 3 g

DIETARY

Dairy-Free Gluten-free Grain-Free Paleo Vegetarian

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