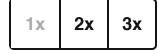
Banana Chocolate Chip Mini Muffins

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)



INGREDIENTS

- ¹/₄ cup almond flour
- ¹/₄ cup coconut flour
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ½ tsp. baking soda
- ¼ tsp. sea salt
- 2 bananas, mashed (~³/₄-1 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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