

Coconut Banana Chocolate Chip Muffins (Gluten-free and Paleo)

6 eggs

1/3 cup coconut milk (canned)

1 tablespoon maple syrup (optional)

1 teaspoon salt

1 teaspoon vanilla extract

1/4 cup coconut oil, melted

3/4 cup coconut flour

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

1 cup mashed ripe bananas (about 3 bananas)

1/2 cup dark chocolate chips, (I often chop up a 70% or more dark chocolate bar to make the chips)

Instructions:

Preheat oven to 375. Line a 12-cup muffin pan with paper liners.

In a large bowl, combine eggs, coconut milk, maple syrup, sea salt, and vanilla extract. Whisk to combine and set aside.

Sift coconut flour, baking powder, baking soda, and cinnamon into the wet ingredients. Whisk vigorously until no lumps remain. Stir in melted coconut oil until well combined. Fold in banana and chocolate chips until incorporated.

Using a large ice cream scoop, add one level scoop to each muffin cup. Bake muffins for 15 to 18 minutes or until muffins are golden and spring back when pressed gently. Once baked, cool for 10 minutes.

Serve and enjoy!