

## **Grain-Free Banana Chip Muffins**

Ripe bananas, those that are soft with plenty of brown spots, add a pleasant sweetness to these muffins without needing to add refined sugar. If your bananas are less ripe, feel free to add an extra tablespoon or so of maple syrup.

Prep Time: 10 mins

Total Time: 40 mins

Makes: 12 muffins

### **Ingredients:**

1 ½ cups almond flour

½ cup arrowroot starch

2 tablespoons coconut flour

2 teaspoons baking soda

¼ teaspoon salt

3 tablespoons maple syrup

¼ cup avocado oil

2 large eggs

¾ cup mashed very ripe bananas (about 2 large bananas)

2 teaspoons vanilla

¾ cup chocolate chips or chopped chocolate

### **Directions:**

1. Heat oven to 350° F. Line 12 muffin cups with paper liners; set aside.
2. In a medium bowl whisk together almond flour, arrowroot starch, coconut flour, baking soda, and salt; set aside.
3. In a large bowl whisk together maple syrup, oil, eggs, banana, and vanilla until well blended. Add dry ingredients to wet and stir until combined. Gently stir-in chocolate.
4. Divide batter evenly in prepared pan. Bake 20-22 minutes until muffins spring back when lightly touched and a toothpick inserted in the center comes out clean.
5. Cool in the pan for 5 minutes; remove to wire rack.