

CHOCOLATE CRANBERRY MUFFINS (V, GF)

Makes 12 muffins

Ingredients

2 medium, very ripe bananas mashed
1/4 cup melted coconut oil
1/3 cup coconut sugar
1/4 C applesauce
1 teaspoon pure vanilla extract
1/3 C almond milk
1 1/2 cup gluten free flour
3/4 cup almond flour
1/4 cup unsweetened cocoa powder
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/3 C dried unsweetened cranberries
Optional: 1/4 C chopped nuts or chocolate chips



Directions

1. Preheat the oven to 350°F. Line a 12-cup muffin pan with muffin liners.
2. Add mashed bananas, the coconut oil, coconut sugar, applesauce, vanilla and almond milk to a bowl. Whisk until well incorporated.
3. In a second bowl, combine GF flour, almond flour, cocoa powder, baking powder, baking soda, salt and cranberries.
4. Slowly combine the wet with the dry ingredients, stirring well and making sure no flour patches remain. Fold in chocolate chips and/or nuts if using.
5. Evenly pour batter into muffin cups. Bake for 18–24 minutes, or until muffins are fully cooked through. Stick a toothpick down the center of one, if it comes out clean, it's done! Let them cool before serving and store in an airtight container for 3–4 days.