

# CHOCOLATE PECAN MUFFINS (V, GF)

Makes 24 mini muffins or 12 regular muffins

## Ingredients

In one bowl, combine:

2 mashed bananas  
1/3 C applesauce unsweetened  
2 tsp baking soda  
1/4 C coconut sugar  
1/4 C agave syrup  
1/2 tsp cinnamon  
1/2 tsp salt  
1 tsp vanilla extract  
1/4 C melted coconut oil  
1/3 C unsweetened almond milk

In a second bowl, combine:

1 C GF flour  
1/2 C almond flour  
1/2 C old fashioned oats  
1/4 C chopped pecans  
1/4 C dark chocolate chips

## Directions

1. Preheat the oven to 375 and spray muffin tins with coconut oil spray or line with muffin cups.
2. Mix the dry with the wet ingredients well and then spoon into muffin cups.
3. Bake 18-22 minutes, then store in an airtight container for 3-4 days or in the freezer for up to 1 month.

