

# Banana Chocolate Chip Muffins



PREP TIME:  
15 MINUTES

BAKE TIME:  
18 MINUTES

TOTAL TIME:  
33 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Servings: 16 Muffins

## Ingredients:

- 1 ½ Cups Gluten Free Flour + 1/8 Cup
- ½ Cup Tapioca Flour or Starch
- 1 Teaspoon Baking Powder
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- 1 Teaspoon Cinnamon
- 2 Large Eggs
- ½ Cup Monkfruit Sweetener (I used Lakanto brand)
- ½ Cup Coconut Sugar
- 4 Ripe Bananas, Smashed
- 1 Teaspoon Pure Vanilla Extract
- ½ Cup Organic Canola Oil or Melted Coconut Oil
- ½ Cup Mini Chocolate Chips (I used Enjoy Life)
- Coconut Oil Spray or Vegan Butter for Greasing Pan

## Instructions:

1. Preheat oven to 350 degrees.
2. Grease muffin pan with coconut oil or vegan butter.
3. In a medium mixing bowl, add the flour, tapioca flour, baking powder, baking soda, salt, and cinnamon. Whisk until combined and set aside
4. In a large mixing bowl cream together the eggs, both sugars, oil, & vanilla.
5. Add in the dry ingredients. Try not to overmix.
6. Add in the bananas using a spoon to stir in, not mixer.
7. Stir in the chocolate chips and then scoop into muffin pan – filling each about  $\frac{3}{4}$  of the way.
8. Bake for about 18 minutes. Can start checking at 15-16 minutes. Use a toothpick to test – can have some clumps sticking to it, but not too wet either.

**Note:** Can also do mini muffins with this recipe. Would decrease baking time to around 12 minutes.

**\*Try and use all organic ingredients if possible.**

[ChristiHealthCoach.com](http://ChristiHealthCoach.com)