

Moist Paleo Chocolate Banana Muffins

Prep Time: 15 minutes Prep Time; 18 minutes Cook Time; 33 minutes Total

Yield: 12 muffins

Ingredients:

- 2 medium super ripe bananas, mashed with a fork (if frozen, defrost in microwave)
- 1/2 cup coconut oil, melted
- 1/3 cup xylitol (preferably birch xylitol, not corn)
- 2 organic eggs, room temperature (if eggs are cold, run them under warm water for a minute to bring to room temperature)
- 1 teaspoon vanilla extract
- 1/3 cup organic cocoa powder
- 2 cups blanched almond flour
- 3 tablespoons coconut flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup organic sour cream, room temperature
- optional: 1/4 cup paleo friendly chocolate chips (Enjoy Life, Lilly's, Bulletproof)

Directions

- 1 Preheat oven to 350°F and line a muffin tin with twelve muffin liners.
- 2 In a large glass bowl, mash the bananas until most of the lumps are gone (if bananas are frozen, microwave for 30 seconds before).
- 3 In a small glass bowl, melt the coconut oil until completely melted and clear. Pour into the large bowl with the bananas. Stir with a spoon.
- 4 Add the xylitol to the large bowl and mix.
- 5 Crack two eggs, that are at room temperature, into the large bowl and mix.
- 6 Add vanilla extract and stir.
- 7 In a medium bowl, mix together the almond flour, coconut flour, cocoa powder, baking soda, and salt together until no clumps remain.
- 8 Add the dry ingredients to the large bowl with the wet ingredients and mix well (do not worry about over-mixing because there is no gluten in this recipe).
- 9 Mix in the sour cream until combined and add in chocolate chips, if desired.
- 10 Bake for 18 minutes or until a tooth pick inserted in the center comes out clean. If using chocolate chips, be careful not to confuse the melted chocolate with underdone batter.
- 11 Cool the muffins in the pan for 10 minutes and then remove the muffins from the pan and finish cooling on a wire rack.
- 12 Place into an airtight container and store in the fridge up to five days, or in the freezer up to two months.
- 13 Enjoy~ We like ours slightly warmed in the microwave!