



Healthy Banana Muffins

 12 ingredients  30 minutes  12 servings

Directions

1. Preheat oven to 350 F. In a bowl mix mashed banana, vanilla extract, beaten eggs, yogurt, and vegetable oil. In a separate bowl mix together flour, chia seeds, salt, baking powder, sugar, and baking soda. Add liquid mixture to dry and mix together well.
2. Line muffin tins with paper or an oil spray. Add the optional dark chocolate chips (~1/3- 1/2 cup - highly recommended). Bake for 20-23 minutes or until a golden brown colour!

Notes

No coconut Use brown or white sugar instead
sugar

No coconut oil Use vegetable oil instead.

Ingredients

1 1/2 cups	Whole wheat flour
2 tbsps	Ground Flax Seed
1 tbsps	Baking Powder
1 tsp	Baking Soda
1/4 tsp	Sea Salt
2 tbsps	Coconut Sugar
1/4 cup	Coconut Oil
2	Egg
1/2 cup	Plain Greek Yogurt
3	Banana
1 tsp	Vanilla Extract
1/2 cup	Organic Dark Chocolate Chips