

From Real Estate to Recipes!
MAY FEATURE RECIPE

Elizabeth Uecker's Paleo Chocolate Muffins

This is Elizabeth's favorite! Moist, chocolate goodness, and perfectly healthy so no guilt in eating multiple at a time!

Ingredients:

- 1) 4- Eggs
- 2) 2tsp-Vanilla
- 3) 1/2c-Pure maple syrup
- 4) 1c-Banana, mashed
- 5) 1/2c- Coconut oil melted
- 6) 1/3c-Coconut flour
- 7) 1/3c-Almond flour
- 8) 1/3c-Cocoa powder
- 9) 1/2tsp-Baking soda
- 10) 1/2tsp-Baking powder
- 11) 3Tbsp-Cacao nibs or mini chocolate chips

Directions:

- 1)Preheat oven to 350⁰
- 2)Line a 12-count cupcake tray with liners & spray each one w/non-stick cooking spray.
- 3)In a Lg bowl combine first five ingredients. Beat on low until mixed
- 4)In a medium bowl combine the next 5 ingredients and toss to combine.
- 5)Slowly add dry ingredients into the large bowl. Mix by hand until just combine. Then stir in Caco Nibs by hand until combine.
- 6)Bake for 22-24 minutes or until a toothpick comes out clean.
- 7)Let sit for 10-15 minutes before enjoying.

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