

From Real Estate to Recipes!
OCTOBER FEATURE RECIPE

Chocolate Banana Muffins

From My Client Elizabeth Uecker

Ingredients:

- 4 Large Eggs
- 2 tsp Vanilla Extract
- 1/3 Cup Pure Maple Syrup
- 1 Cup Banana Mashed
- 1/2 Cup Coconut Oil Melted
- 1/3 Cup Coconut Flour
- 1/3 Cup Almond Flour
- 1/3 Cup Cocoa Powder
- 1/2 tsp Salt
- 1/2 tsp Baking Soda
- 1/2 tsp Baking Powder
- 3 Tbsp Cacao Nibs or Mini Chocolate Chips

Directions: Pre Heat Oven to 350°

1. Line a 12 count cupcake try w/lines & spray w/non-stick cooking spray.
2. In a large bowl combine eggs, extract, maple syrup, banana, & coconut oil. Beat on low speed.
3. In a Med bowl combine both Flours, cocoa powder, salt, baking Soda & baking powder. Toss to mix.
4. Slowly add dry mixture into the Bowl of wet ingredients. Mix by Hand until just combined after Each addition.
5. Stir in nibs by head until combined
6. Fill liners with equal amounts of batter
7. Bake for 22-24mins
8. Let sit for 10-15mins before enjoying.

Tina@RealtyExecutives.com or 414-881-8349