

*Brownie Batter Banana Bread Muffins - These double chocolate banana bread muffins are delightful treats made with whole food ingredients for a guiltless pleasure. Paleo-friendly, grain-free, dairy-free, and naturally low in sugar.*

## Ingredients

- 1 cup paleo flour
- 2 large bananas (ripe)
- ½ cup unsweetened cocoa powder
- ¼ cup dark chocolate chips
- ¼ cup avocado oil
- ¼ cup coconut sugar
- 2 eggs
- 2 tbsp dairy-free unsweetened yogurt
- 1 tsp vanilla extract
- 1 ½ tsp baking soda
- ¼ tsp pink himalayan sea salt
- ¼ tsp ground cinnamon

Optional: heartier muffin, add ½ cup GF oats

## Directions

1. Preheat the oven to 350 degrees. Spray muffin tin with nonstick cooking spray or add muffin liners to a muffin tin (about 10).
2. In a medium bowl, whisk together the dry ingredients minus the chocolate chips.
3. In a separate bowl, mash bananas using a fork until you get a smooth and liquid consistency. Add the rest of the liquid ingredients and mix until smooth and creamy.
4. Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips.
5. Divide batter evenly into muffin tins, sprinkle each muffin with a few more chocolate chips and bake for 25-30 minutes or until the toothpick comes out clean.
6. Cool muffins for 5 min then remove and transfer to a wire rack to finish cooling. Muffins are best served warm and even better the next day. Makes about 10 muffins.

## Notes

- If you want a heartier muffin, add ½ cup GF oats! Just make sure the batter is still a pourable consistency and not too dry and thick. If it is, then slowly add in yogurt.
- Muffins are freezer friendly! Simply place in a ziplock bag or airtight container and freeze for up to 3 months. When ready to eat, microwave for 20-30 seconds or thaw out.
- Ingredient brands I love for this recipe: [paleo flour](#), [dark chocolate chips](#), [yogurt](#).