

Double Chocolate Muffins

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup almond flour (or almond meal)
- 1 cup oats (oat flakes, old-fashioned or quick oats)
- 1/4 cup raw cacao powder
- 1 tsp ea. baking soda and baking powder
- 1 tsp ground cinnamon
- 2 eggs*
- 1/2 cup maple syrup
- 1/4 cup melted coconut oil
- 3 tbsp non-dairy milk
- 1/3-1/2 cup chocolate chips*
- 1/4 cup dried cranberries

Instructions:

1. Preheat oven to 350F (180 C). Grease a mini muffin tin or line with paper cups.
2. In a large mixing bowl, stir together almond flour, oats, raw cacao, baking soda & powder, cinnamon.
3. In a separate bowl, combine eggs, maple syrup, coconut oil and non-dairy milk. Let the coconut oil cool slightly before combining otherwise it will cook the egg.
4. Add the wet ingredients to the dry ingredients and stir to combine. Fold in chocolate chips and dried cranberries.
5. Bake for 10 minutes or until a fork inserted comes out clean.
6. Refrigerate for up to 5 days or freeze for up to 3 months.

Notes:

*Or 1 banana or 2 flax eggs for an egg-free version. **Up to you how chocolate-y you want it :) Makes over 2 dozen mini muffins.