

# CHOCOLATE WALNUT BANANA MUFFINS

Yield: 12 muffins

1  $\frac{1}{4}$  cups almond flour  
 $\frac{3}{4}$  cup sorghum flour  
 $\frac{1}{4}$  cup tapioca flour  
 $\frac{1}{4}$  cup coconut sugar  
1 teaspoon cinnamon  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon sea salt  
3 very ripe bananas, mashed  
2 eggs, beaten  
 $\frac{1}{4}$  cup unsweetened non dairy milk  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{2}$  cup finely chopped walnuts  
 $\frac{1}{2}$  cup dark chocolate chips  
Turbinado sugar

1. Preheat the oven to 350 degrees.
2. In a medium bowl, combine all flours, coconut sugar, cinnamon, baking soda and salt.
3. In a large bowl, whisk together the bananas, eggs, milk and vanilla extract.
4. Slowly stir in the flour mixture until combined.
5. Fold in the walnut and chocolate chips.
6. Divide the batter into 12 paper lined muffin cups. Filling each about  $\frac{3}{4}$  full. Sprinkle a little turbinado sugar on top of each muffin.
7. Bake for about 15-18 minutes or until a toothpick comes out clean.
8. Let cool on a rack.
9. Enjoy!