

ALMOND FLOUR CHOCOLATE CHIP MUFFINS

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Yields:
12 muffins

Prep Time:
10 mins

Cook Time:
20 mins

Cool Time:
5 mins



INGREDIENTS

- 2 ½ cup almond flour
- ¾ cup cake flour*
- 2 Tbsp. flaxseed, ground
- 1 tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. cinnamon
- ¼ tsp. salt
- 3 large bananas, ripe, mashed
- 3 eggs
- ⅓ cup milk
- 2 Tbsp. coconut oil, melted
- 1 tsp. vanilla extract
- 1 cup chocolate chips

*Can use all purpose flour if you don't have cake flour. Use Bob's Red Mill gluten-free flour if you need a GF substitution.

INSTRUCTIONS

- 1 Preheat oven to 425°F. Line a 12 count cupcake tin with liners or spray with non-stick baking spray and set aside.
- 2 In a medium bowl, mix together the dry ingredients: flours, flaxseed, baking soda, baking powder, cinnamon, and salt.
- 3 In a separate bowl, whisk together the mashed banana, eggs, milk, coconut oil, and vanilla until combined.
- 4 Fold the dry ingredients into the wet. Gently mix in the chocolate chips. Divide batter into cupcake liners and top with additional chocolate chips if you'd like!
- 5 Bake for 8 minutes at 425°F. Then lower the oven temp down to 350°F and bake for another 6 minutes or until a toothpick inserted in the center comes out clean. Let cool for 5 minutes, then enjoy!

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