



Marion's Camino High Protein and Fiber Muffins with Dark Chocolate and Fruit

Use organic ingredients

Ingredients:

- ¾ cup of coconut flour
- ¼ cup of arrowroot flour
- 2 tablespoons of hemp flour
- ½ tsp baking soda
- 1 tsp baking powder
- 1/3 cup cocoa power
- 3 eggs
- ½ cup of maple syrup
- 2 tsp pure vanilla extract
- ½ cup coconut milk
- ½ cup coconut oil, melted
- 1 tbsp of apple cider vinegar
- 2 tablespoons of hemp hearts
- 3 tablespoons of chia seeds
- ¾ cup of 70% cocoa chocolate chips
- ¾ cup of chopped frozen fruit (whole blueberries, or chopped dark cherries, or chopped mixed berries)

Instructions:

1. Preheat the oven to 350 degrees F. Use muffin liners in muffin pan. Makes 12 large muffins.
2. Add to a bowl; eggs, vanilla, coconut oil, coconut milk, apple cider, maple syrup, 2 tablespoons of chia seeds and fruit and mix well.
3. In a large bowl combine flours, baking powder and soda, cocoa, hemp hearts, 1 tablespoon of chia seeds, chocolate chips and stir mixture until well blended.
4. Add wet mixture into dry mixture. Stir until well blended. Let sit 1 or 2 minutes for the coconut flour to thicken.
5. Scoop dough and press into muffin cups.
6. Bake for 25-30 minutes.
7. Let sit and cool for 10 minutes
8. Enjoy.