



Marion's Camino Spelt, High Protein and Fiber Muffins with Banana Coconut and Chocolate

Use organic Ingredients

Here is the recipe for 1 ¼ cups of Marion's Spelt and High Protein Flour Blend

1/8 cup of flax flour; 1/8 cup of hemp flour; ½ cup of coconut flour; ½ cup of spelt flour

Ingredients

- 2 medium sized bananas
- 2 eggs
- 1 ¼ cup of Marion's spelt and high protein flour blend
- 1 teaspoon of baking powder
- ½ teaspoon of baking soda
- 1 teaspoon of vanilla extract
- ¼ cup of coconut oil
- ½ cup of shredded unsweetened coconut
- 2 tablespoons of hemp hearts
- 2 tablespoons of chia seeds
- ¾ cup of coconut milk
- ½ cup of 70% cocoa chocolate chips
- ¼ cup of organic coconut palm sugar
- 1 teaspoon of cinnamon

Instructions:

1. Preheat the oven to 400 degrees F. Use muffin liners in muffin pan. Makes 12 large muffins
2. Peel bananas and mash until smooth. Add eggs, vanilla, coconut oil, coconut milk and mix well.
3. In a large bowl add flour blend, coconut palm sugar, baking powder and soda, cinnamon, shredded coconut, hemp hearts, chia seeds, chocolate chips and stir mixture until well blended.
4. Add wet mixture into dry mixture. Stir until well blended.
5. Scoop dough and press into muffin cups.
6. Bake for 20-25 minutes.
7. Let sit and cool for 10 minutes
8. Enjoy.