



### **Marion's Camino Oatmeal, Spelt, Banana, Chocolate Protein muffins.**

Use Organic Ingredients

Ingredients:

- 1 cup of quick-cooking rolled oats (not instant)
- 1 cup spelt flour
- 1/4 cup coconut flour
- 1/8 cup of flax flour
- 2 tablespoons of hemp hearts
- 2 tablespoons of chia seeds
- 1 ½ tsp of baking powder
- 1 tsp of baking soda
- 1 tsp of vanilla extract
- 3 large ripe bananas mashed
- ¼ cup of olive oil
- 2 eggs
- ¼ cup of coconut palm sugar
- ½ cup of coconut milk
- 1 tablespoon of liquid honey
- ½ cup of 71% cocoa chocolate chips

Instructions:

1. Preheat the oven to 375 degrees F. Use muffin liners in muffin pan. Makes 12 large muffins
2. Peel bananas and mash until smooth. Add eggs, vanilla, olive oil, coconut milk, honey and mix well.
3. In a large bowl add flours (spelt, coconut, flax) and rolled oats, coconut palm sugar, baking powder and soda, hemp hearts, chia seeds and stir mixture until well blended.
4. Add wet mixture into dry mixture. Stir until well blended. Add chocolate chips.
5. Scoop dough into muffin cups.
6. Bake for 20-25 minutes.
7. Let sit and cool for 10 minutes
8. Enjoy.