

Banana Chocolate Cherry Muffins

- by Healing Family Eats

Prep time: 20 minutes

Cook time: 25 minutes

Makes 12

Ingredients -

3 medium bananas, mashed (1 cup)
1/2 cup melted coconut oil
1 tablespoon coconut sugar
1 teaspoon apple cider vinegar
1 teaspoon vanilla extract
3 large eggs, lightly beaten
3/4 cup coconut milk
1/3 cup coconut flour
1/2 cup tigernut flour
2 tablespoons arrowroot
1/4 cup cocoa powder (Stage 1 reintro)
1 teaspoon cinnamon
1/2 teaspoon baking soda
1 teaspoon cream of tartar
generous pinch sea salt
1/4 cup cacao nibs (Stage 1 reintro)
1 cup halved frozen cherries



Preheat oven to 350F. Line muffin tins with 12 parchment cases.

Put the bananas, coconut oil, coconut sugar, apple cider vinegar, and vanilla extract into a mixing bowl and combine well. Gradually add in the eggs and continue mixing until the mixture is light and fluffy. Pour in the coconut milk and mix again.

Sift in the coconut flour, tigernut flour, arrowroot, cocoa powder, cinnamon, baking soda and cream of tartar. Add the salt and combine.

While the motor is running, tip in the cacao nibs and cherries and mix until the mixture is thoroughly combined.

Spoon the mixture into the cases, I like to use a cookie scoop, making sure the cherries are distributed evenly.

Bake for 25 minutes until risen and firm to the touch, and a skewer comes out clean.

Leave in the tins for 10 minutes, then transfer to a wire rack to cool completely. Store in an airtight container.

Note : See blog post for AIP elimination phase instructions.