

Banana Muffins (Just Ingredients)

4 large bananas
½ c. coconut sugar
½ c. coconut oil (or grass-fed butter)
2 eggs
2 c. organic flour (can sub protein powder)
½ t. baking soda
1 t. baking powder
1 t. vanilla
½ t. sea salt
1 c. live natural yeast
½ c. chocolate chips (optional)

1. Mash bananas. In a mixer, cream bananas with sugar and coconut oil.
2. Mix in beaten eggs, flour, baking soda, baking powder, natural yeast, and vanilla.
3. Stir in chocolate chips if using.
4. Pour batter into muffin tins and bake at 350° for 15 minutes.