

Banana Chocolate Chip Muffins
makes 12 muffins

1 c. flour
1 c. rolled oats
2 t. baking powder
1 t. cinnamon
1/2 t. baking soda
1/4 t. salt
1/2 c. coconut oil, melted
1 egg
1/2 c. honey
2 large bananas, peeled and mashed (the riper the better)
1 t. vanilla
1 c. ghirardelli 60% cacao chips
1/4 c. to 1/2 c. turbinado sugar

1. Combine the first 6 ingredients together in a large bowl, set aside.
2. Combine the coconut oil, egg, honey, bananas and vanilla in another bowl, whisk together and add to the bowl of dry ingredients.
3. Mix just until combined and then mix in the chocolate chips.
4. Line a 12 place muffin tin with paper baking cups, divide the batter between the cups and sprinkle generously with turbinado sugar.
5. Bake at 375 degrees Fahrenheit for 15 minutes.

Best served room temperature or slightly warm.