

CHOCOLATE CHIP MUFFINS

Ingredients

1 egg

1/2 cup of coconut milk

2 tbsp of natural mable syrup

1 tbsp of raw honey

1 cup of Trim Health Mama baking blend or almond flour or coconut flour

1/8 tsp of baking soda

a pinch of salt

1 tsp of vanilla extract

2 tbsp of coconut oil

***optional: 1/3 cup of dark chocolate chips

Instructions

Preheat oven to 350 degrees.

Mix the dry ingredients in one bowl and the wet ingredients in a separate bowl.

Combine and fold in the chocolate chips.

Bake for 20-25 minutes.

