Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.
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Chocolate Chip Banana Bread Muffins

Grain/Gluten/Wheat-Free, Vegan, Nut-Free Option, No Refined Sugar, GAPS/Paleo-Friendly

[www.eating4balance.wordpress.com]

Ingredients:

- 1/4 cup carob powder + 1/4 cup coconut oil, melted*
- 1/4 cup ground flax seed + 1/4 cup water (or 2 eggs)
- 2 large or 3 small ripe bananas, mashed (around 240 grams)
- 1/4 cup coconut oil, melted
- 1/4 cup honey (or maple syrup to make vegan)
- 1/2 tsp vanilla
- 3 tbsp coconut flour
- 1/2 cup almond flour (use a seed flour to make nut-free)
- 1/2 tsp sea salt
- 1/2 tsp baking soda

Directions:

1. Preheat oven to 350 degrees.
2. Mix the carob powder and coconut oil until smooth and then pour out into a thin layer (I used a Tupperware lid about 8×5 inches). Freeze for about 10-15 minutes or until solid.
3. Combine the ground flax seed and water. Let sit for a few minutes to thicken (or microwave for 60 seconds to speed up the process).
4. Add the mashed bananas, coconut oil, honey and vanilla. Mix until well blended.
5. Measure out the remaining dry ingredients and combine with the wet ones.
6. Take out the frozen carob slab, break into small pieces and mix into the banana bread batter.
7. Oil/grease/spray/line the baking dishes of your choice (I used a mini muffin pan and two small ramekins). Distribute the batter evenly and bake the dishes for 15-35 minutes (it all depends on the size of your pan).

Makes 12 mini muffins and 2 ramekins

Note:
- I haven't made an actual full-sized loaf of banana bread out of this recipe yet, but I plan to do so in the future. To make a full-sized loaf you would need to double this recipe and bake it for probably at least an hour. I can't guarantee the results though with those alterations.
- You can also use your favorite type of chocolate or carob chips here. You would need about 1/2 cup to replace the homemade ones.