



## BANANA COCOA MUFFINS

### Wet Ingredients

- 3 ripe mashed bananas
- 2 eggs or 4 tbsp of apple sauce
- 2 tbsp olive oil
- 1/4 cup honey
- 1 tsp vanilla
- 1/2 cup plain organic yogurt of choice (Greek or coconut)

### Dry Ingredients

- 1 cup flour of choice (all purpose/oat or almond flour)
- 1/2 cup unsweetened cocoa powder
- 1 tbsp ground flax seed
- 1 tsp baking soda
- Sprinkle of salt
- Can also add chocolate chips, 2 drops of dōTERRA peppermint oil or nuts if you'd like

### Directions

- **Step 1:** Mix all the wet ingredients in a bowl
- **Step 2:** In another bowl, mix all dry ingredients
- **Step 3:** Mix the dry ingredients into the wet ingredients.
- **Step 4:** Bake at 350°F for about 20-25 minutes
- Enjoy the muffins this week or wrap well & freeze for a later time

**Prep Time:** 20 mins

**Cook Time:** 20-25 mins

**Total Time:** 45 mins

