

Healthy Chocolate Chip Muffins

Ingredients:

- 1/4 cup honey
- 3 large eggs
- 1/3 cup cacao powder or cocoa powder
- 3/4 cup of peanut or almond butter
- 3/4 cup canned pumpkin
- 1/2 tsp ground cinnamon
- 1 tsp apple cider vinegar
- 1 tsp pure vanilla
- 1/2 tsp baking soda
- 1/2 cup chocolate chips

Instructions

1. Preheat your oven to 350°F and grease 12-hole muffins pan.
2. Combine all ingredients (except cacao powder and chocolate chips) in a large bowl. Mix until smooth.
3. Add cacao powder and mix in. Add chocolate chips.
4. Use a spoon and portion batter evenly in muffin tins.
5. Bake for 20-25 minutes or until toothpick comes out clean.

Notes:

1. Grease the muffin pans really well before adding the batter. We use vegetable oil and you want a nice even layer of oil on the bottom and the edges of each muffin tin.
2. If the batter is a bit runny, add more cocoa powder or a 1/4 cup of chickpea flour to thicken it a bit.