



Ingredients

- 2 medium (or 4 small) avocados
- 4 large eggs
- 3/4c monk fruit sugar
- 1/2c dark cacao
- 1/2t sea salt
- 2t vanilla
- 1/2c almond flour
- 2/3c unsweetened coconut
- 1/2c chopped dark chocolate chips
- 1/3c chopped walnuts

Avocado Chocolate Muffins

Preparation

1. Preheat oven to 350* and spray muffin tin with non-stick cooking spray or butter.
2. With a standing or hand mixer, smash avocados until very smooth. Add eggs, cacao, monk fruit sugar and vanilla. Blend until very smooth, again.
3. Fold in almond flour through remaining ingredients (if desired; coconut -> walnuts is optional).
4. Scoop into mini muffin cups and cook until done, about 30 minutes. Let cool in pan for 10min before removing to rack.

Tips

These can be made into brownies or regular muffins. The small size is a great serving of sweetness, and the avocados, eggs, almond flour, walnuts and coconut boost crucial nutrients.

Monk fruit sugar is a sugar substitute that has little to no effect on insulin and glucose levels without chemical additives. Feel free to substitute equal amounts of cane sugar.