

Healthy Chocolate Chip Avocado Muffins



Ingredients

- 2½ cups oat flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp sea salt
- 1 large avocado
- ½ cup maple syrup
- ½ cup unsweetened applesauce
- 1 tsp vanilla extract
- 2 large eggs
- ½ cup dairy-free chocolate chips (like Enjoy Life mini chocolate chips)

Serves 12

Preparation

1. Preheat oven to 350 degrees F.
2. Line a muffin tray with liners or spray with coconut oil.
3. In a large bowl combine oat flour, baking powder, baking soda and salt. Set aside.
4. In a blender combine avocado, maple syrup, applesauce and vanilla.

Credit

The Healthy Maven

