I love chocolate cake so I am always looking for healthy alternatives to my cake with coffee or a healthy dessert after dinner. This is one of my favorite recipes.

**Gluten Free Chocolate Banana Muffins**

Cook time: 20-25 minutes Prep Time: 10 minutes Yields: 12 standard muffins

Ingredients:

3 ripe bananas (I’ve used 2 ripe bananas and it turned out just as great!)

⅓ cup of coconut or avocado oil

⅓ cup of pure maple syrup

¼ cup of almond or coconut milk

2 eggs

1tsp vanilla extract

½ tsp cinnamon

1 tsp baking soda

½ tsp salt

¼ cup of cacao powder

½ cup old fashioned oats

1 ¾ of almond flour

To top:

Shredded coconut, vegan chocolate chip or slivered almonds or any combination

Instructions:

1. Preheat oven to 350 degrees
2. In a food processor or stand mixer, combine bananas, oil, milk, syrup, eggs and vanilla until smooth. Add cinnamon, baking soda, salt, oats and flour. Pulse until just combined.
3. Scoop into muffin cups. If desired, add toppings.
4. Bake at 350 degrees for 20-25 minutes, or until cooked through. Let cool and serve! You may also freeze for future use. If frozen, let it sit for a few hours before consuming or heat in the oven for a few minutes.