

LOW-SUGAR
BANANA, PECAN & CHOCOLATE MUFFINS
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**MAKES 12 REGULAR-SIZED MUFFINS
OR 6 JUMBO-SIZED MUFFINS**

Ingredients:

1/3 cup unsalted butter
1-1/4 cup whole wheat pastry flour
1-1/4 cup almond flour
1 tsp. baking powder
1/2 cup Swerve sugar alternative
1 cup almond milk
2 eggs
1 tbsp pure maple syrup (plus more for drizzling)
1 tsp. pure vanilla extract
1/2 cup dark chocolate chips
1/2 cup toasted pecans, chopped
1 medium very ripe banana, mashed



Preheat oven to 400 degrees. Fill muffin pan with paper cups.

Gently melt butter in a pan and let cool. Sift flours and baking powder and re-sift into the bowl of a free-standing mixer. Add the Swerve sugar alternative and secure the paddle attachment.

Whisk together the almond milk and eggs. Add to flour and sugar mixture. Mix on medium speed just until everything comes together. Do not over beat. Add the melted butter, maple syrup, vanilla chocolate chips, pecans and mashed banana. Give everything a quick mix, just enough to combine. Spoon mixture equally between muffin cups.

Bake for 30 minutes. Check for readiness by inserting a toothpick in the center of the muffins. If it comes out clean, they are ready. If not quite ready, bake for an additional 5 minutes and recheck.

When fully baked, remove the muffins from the oven. Drizzle lightly with pure maple syrup while still hot. Lift each muffin from pan and leave to cool a little before eating.

Enjoy!