

# Indulgent chocolate muffins



**DYNAMIX**  
HEALTH & FITNESS

275g plain flour (use gluten free if preferred)

40g cocoa powder

a pinch of baking powder

a pinch of baking soda

50g chocolate flavour whey or rice protein powder (optional)

½ tsp sea salt

1 large ripe banana, mashed

3 eggs

170ml coconut milk

15ml maple syrup (or use natural sweetener of your choice, to taste)

60ml olive oil

50g dark chocolate (minimum 70% cocoa), roughly chopped

Preheat oven to 200°C / 400°F. Line 12 compartments of a muffin tin with paper muffin cases, or prepare a silicon muffin tray.

Sift the flour into a large bowl. Add the cocoa powder, baking powder, baking soda, protein powder (if using) and sea salt. Stir gently with a spatula.

Mash the banana in a separate bowl and add the remaining ingredients, except for the dark chocolate. Stir well until combined.

Add the dry mixture to the wet mixture and stir well. Add the dark chocolate. Use a spatula to gently fold the mixture until well combined. Divide the mixture between the muffin compartments.

Bake for 15-20 minutes or until the muffins spring back lightly to the touch. Transfer to a wire rack and allow to cool.

*Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day for up to 1 week.*

**MAKES 12 MUFFINS**



PER MUFFIN:  
222 Calories  
**26g Carbs**  
**7g Protein**  
**10g Fat**

