



## DOUBLE CHOCOLATE MUFFINS

### Ingredients:

- 300G SWEET POTATO
- 2 EGGS
- 80G COCONUT OIL
- 150G MAPLE SYRUP
- 40G COCONUT FLOUR
- 60G CACAO POWDER
- 1 TBSP VANILLA EXTRACT
- 1 TSP SALT
- 2 TSP BAKING POWDER
- 50G DARK CHOCOLATE CHIPS

### Method

1. PREHEAT OVEN TO 180°C / 350°F. THEN, LIGHTLY GREASE A MUFFIN TIN OR LINE IT WITH PAPER CUPCAKE CUPS.
2. PEEL AND MEDIUM DICE SWEET POTATO.
3. TRANSFER SWEET POTATO TO A HIGH SPEED BLENDER OR A LARGE FOOD PROCESSOR. ADD THE REST OF THE INGREDIENTS, EXCEPT FOR CHOCOLATE CHIPS, AND PROCESS UNTIL COMBINED AND SMOOTH.
4. FOLD IN HALF OF THE CHOCOLATE CHIPS. THEN, TRANSFER BATTER TO GREASED MUFFIN TIN, FILLING EACH CUP 2/3 FULL.
5. TOP MUFFINS WITH THE REST OF THE CHOCOLATE CHIPS AND BAKE FOR 25-30 MINUTES OR UNTIL DONE. ENJOY!



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## Nutritional Information

**SWEET POTATO** - SWEET POTATOES ARE NUTRIENT-DENSE ROOT VEGETABLES THAT COME IN A VARIETY OF COLORS. THEY'RE HIGH IN FIBER AND ANTIOXIDANTS, WHICH PROTECT YOUR BODY FROM FREE RADICAL DAMAGE AND PROMOTE A HEALTHY GUT AND BRAIN.

**EGGS** - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGG WHITE, WHICH ALSO INCLUDES VITAMIN B2 AND LOWER AMOUNTS OF FAT THAN THE YOLK. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

**COCONUT OIL** - COCONUT OIL CONTAINS NATURAL SATURATED FATS THAT INCREASE HDL CHOLESTEROL LEVELS IN YOUR BODY. THEY MAY ALSO HELP TURN LDL CHOLESTEROL INTO A LESS HARMFUL FORM. BY INCREASING HDL, MANY EXPERTS BELIEVE THAT COCONUT OIL MAY BOOST HEART HEALTH COMPARED WITH MANY OTHER FATS.

**MAPLE SYRUP** - PURE MAPLE SYRUP IS NOT ONLY HIGH IN ANTIOXIDANTS, BUT EVERY SPOONFUL OFFERS NUTRIENTS LIKE RIBOFLAVIN, ZINC, MAGNESIUM, CALCIUM AND POTASSIUM WHICH HELP AID STRONG BONES, HEALTHY IMMUNE SYSTEM AND HEART HEALTH. MAPLE SYRUP HAS A HIGHER CONCENTRATION OF MINERALS AND ANTIOXIDANTS, YET FEWER CALORIES THAN HONEY.

**CACAO POWDER** - CACAO POWDER IS PACKED WITH FLAVONOIDS. THESE NUTRIENTS THAT HAVE BEEN SHOWN TO HELP LOWER BLOOD PRESSURE, IMPROVE BLOOD FLOW TO THE BRAIN AND HEART, AND AID IN PREVENTING BLOOD CLOTS. THE FLAVONOIDS IN CACAO POWDER MAY HELP INCREASE INSULIN SENSITIVITY, REDUCING YOUR RISK OF DIABETES.

**VANILLA** - BECAUSE VANILLA HAS FEWER CALORIES AND CARBOHYDRATES THAN SUGAR, IT CAN BE USED TO REDUCE YOUR SUGAR INTAKE. USING VANILLA AS A SUGAR SUBSTITUTE ALSO CAN REDUCE HIGH BLOOD GLUCOSE LEVELS AND HELP YOU LEAD A MORE HEART-HEALTHY LIFESTYLE.