

Dr. Jennings' High Fiber Banana Chocolate Chip Muffins

Makes 12 muffins with 11.5 grams of fiber each!

Wet Ingredients:

$\frac{3}{4}$ cup low-fat plain yogurt (can substitute goat/soy/coconut or almond yogurt, if desired)
 $\frac{1}{2}$ cup organic honey OR 1 cup brown rice syrup OR $\frac{1}{2}$ cup pure maple syrup
 $\frac{3}{4}$ cup psyllium husks
1 egg
1 $\frac{1}{2}$ cups mashed banana (approximately 4 really ripe, thawed bananas) OR unsweetened applesauce

Optional: add 2 cups of grated carrots or zucchini

Dry Ingredients:

1 cup almond flour/ground blanched almonds (available at the Bulk Barn)
 $\frac{3}{4}$ cup ground/milled flaxseed
 $\frac{1}{4}$ cup walnuts or pecans, finely chopped
 $\frac{1}{4}$ cup dark chocolate chips
2 tbsp cinnamon
1 $\frac{1}{2}$ tsp baking powder
1 tsp baking soda

1. Preheat oven to 400F. Line muffin tins with large paper cup liners.
2. In a large bowl, mix together the yogurt, sweetener, psyllium, egg and mashed bananas. Let sit 10 minutes. Stir well.
3. In a medium bowl, whisk together almond flour, ground flaxseed, walnuts or pecans, chocolate chips, cinnamon, baking powder and baking soda.
4. Pour the dry ingredients into the psyllium/banana mixture and mix thoroughly. The batter will be very thick.
5. Scoop the batter equally into 12 muffin cups and bake for 20-25 minutes or until done. (Convection oven: 350F for 20 minutes; Non-convection: add 5-10 minutes cooking time or add 25F.)
6. Remove from muffin tin and cool on a wire rack for 3 hours. Store in an airtight container for up to 3 days OR freeze for up to 3 months.