

Cacao, Coconut & Sweet Potato Muffins

Makes 12

1 cup desiccated coconut

1 cup almond meal

2 teaspoons baking powder

pinch of salt

½ cup cacao powder

¼ cup natural protein powder

1 teaspoon cinnamon

4 eggs

¼ cup coconut oil, melted

2 ripe bananas, mashed

1 cup steamed sweet potato, mashed



Preheat the oven to 180°C and line a muffin tin with baking paper or muffin cases.

Combine the coconut, almond meal, baking powder, salt, cacao powder, protein powder and cinnamon in a large bowl. Beat the eggs and then add to the mixture with the coconut oil mashed banana and sweet potato combining well.

Divide between muffin holes and bake for 25-30minutes or until a skewer inserted comes out clean.