

CHEF DOM'S SUPER CHOCOLATEY MINI MUFFINS (GF,DF,NF)



Chocolate Muffins

Delicious chocolate muffins made from base of coconut flour - no grains / gluten /dairy or nuts.*

OK so if you were watching our live video on Periscope then you would have seen that it took a fair number of goes to get these right. Mostly because I was experimenting with less sugar and with using stevia. At the end of the day these are not low sugar. (If you make up according to recipe below you will be looking at approximately 2 tsp of sugar (8 grams) per muffin.) However, they are much preferable to average recipe (especially store bought) which will often have twice as much sugar as that.

If you are having sweet food at birthdays (and in the real world most of us are even if we know the kids are better off with meat and veggie sticks and dips) then these are great as they tick all the boxes - being easy to make, tasty and delicious as well as free of most allergens. They're:

- Super chocolatey

- Grain Free (gluten free)
- Nut Free & Dairy Free
- Brownie-licious
- Decadent
- Fun

Definitely way better than the average store bought chocolate muffin and with a delicious rich chocolate taste.

We prefer to make them up as 12 mini muffins. But if you were serving for adults you might prefer to make up larger as 6 or 10 muffins. But really you tend to find with these “paleofied treats” that a small amount goes a long way.

Paleo Chocolate Muffins (GF,DF,NF)



Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Great party food or occasional food item. Deep chocolatey taste – perfect with a cup of coffee.

Author: Dom’s Kitchen

Recipe type: Snack, Occasional

Type of food: Paleo

Serves: 6-12

What you need:

- ½ cup coconut flour
- ½ cup tapioca flour
- ½ cup cacao or unsweetened cocoa powder
- ½ cup coconut sugar*
- ¼ cup dark chocolate (we use Green & Black 85%)

