



THREE

INTENTIONAL SOUP

CHOCOLATE CHIP AVOCADO MUFFINS

These muffins can be made with nuts, chocolate, berries...whatever you like. All are delicious.

Here is a recipe I like from mostlyhomemade.com

Ingredients

- 2 eggs
- 1 cup sugar
- 1/2 cup oil
- 1 1/2 cups avocado, peeled and mashed
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup miniature chocolate chips, divided

Cooking Directions

In a medium bowl, beat eggs, sugar, oil, avocado, and vanilla until smooth.

In a smaller bowl, stir together flour, baking powder, baking soda, and salt. Gradually add flour

mixture to avocado mixture, beating until all ingredients are well combined.

Gently stir in 1/2 cup miniature chocolate chips. Divide batter evenly into 12 lined muffin cups.

Sprinkle remaining 1/4 cup chocolate chips over top of each muffin. Bake at 350 degrees for 20

23 minutes or until a cake tester comes out clean. Allow to cool before serving.

SERVE WITH LOVE

MORE SOUP RECIPES; CHRISTINAMONTANO.COM