

POPE FAMILY RECIPES

COOKING IS OUR LOVE LANGUAGE

MARSHMALLOW MINTY MUFFINS

INGREDIENTS:

Dry Ingredients

1 Cup All-Purpose Flour
1/2 Almond Flour
1/4 Cup Organic Rolled Oats with Ancient Grains and Seeds
1/2 KOS Chocolate Plant Protein Powder
1 Tbs Unsweetened Cocoa Powder
2 tsp Baking Powder
1 tsp Baking Soda
1/2 tsp salt

Wet Ingredients

3 Tbs Avocado Oil
1/3 Cup Maple Syrup
2/3 cup Nondairy milk (we like extra creamy oat milk)
2 eggs
1 tsp Pure Vanilla Extract

1/2 cup Peppermint Bark Chips
1/2 Marshmallows

DIRECTIONS:

Preheat the oven to 350°F (175°C). Line a 12-24 muffin tray or spray generously with cooking spray. Shift together the dry ingredients. Whisk together the wet ingredients until well combined. Pour the wet ingredients into the dry ingredients and gently combine. Do not over-stir. Fold in the chips and marshmallows.

Spoon the batter into the prepared cups filling the cups two-thirds to three-quarters full. Bake the muffins for 15 to 18 minutes, or until a toothpick inserted into the center comes out clean. Remove from the oven and let cool in the muffin tin for 5 minutes. Remove the muffins to a cooling rack to finish cooling before serving.

To make it gluten-free:

Substitute 1 cup of all-purpose flour with 1 cups of gluten-free flour