

Flourless Chocolate Cashew Muffins

INGREDIENTS:

- 1 ½ cups smooth cashew butter (substitute any nut butter, but make sure it is a smooth ground butter—nothing coarse or crunchy)
- 5 large eggs
- 2/3 cup maple syrup (substitute honey; do NOT use agave!)
- 2/3 cup unsweetened cocoa powder
- 1 tablespoon vanilla extract
- 1 teaspoon baking soda

DIRECTIONS:

- Preheat oven to 350 degrees and grease your muffin tin
- With an electric mixer, beat together the cashew butter and eggs until smooth and fluffy (about 5 minutes)
- Beat in maple syrup, cocoa powder, vanilla, salt and baking soda. Mixture will be smooth, thick and glossy (looks like brownie batter)
- Divide batter into prepared muffin tin
- Bake 20 minutes or until puffed up and cracked on top
- A toothpick inserted into the center should come out clean
- Remove from oven and **let cool in pan for 5 minutes** before transferring to a cooling rack.