Ingredients
- 1/4 cup plain yogurt
- 2 tablespoons unsalted butter, melted
- 2 tablespoons pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups blanched almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 eggs, 1 egg white
- 1/3 cup diced fresh berries

Directions
1. Preheat Oven to 350°F. Grease a 6-cavity Muffin Pan with butter or palm shortening; set aside.
2. Place all of the liquid ingredients into a blender or food processor, except for the eggs. Then place all of the dry ingredients on top. Cover and blend on low 10-15 seconds just long enough to combine the ingredients (batter will be thick.)
3. Add the eggs and egg white; blend on low about 20-30 seconds just until the eggs are well incorporated into the batter (do not overmix or muffins will not be tender.)
4. Evenly divide the batter among the prepared muffin pan, filling each cavity just 1/3 full. Add a few berries to each cup. Then evenly divide the remaining batter among the muffin cups and top with additional berries.
5. Bake for 18-20 minutes, until slightly golden brown on top and a toothpick inserted in the middle comes out clean.
6. Allow muffins to cool 2-3 minutes in the tin. Then run a knife around the edges of each cup and invert the muffin tin over a sheet of parchment to remove.
7. These pancake muffins store well in an airtight container in the fridge for 3-4 days. To reheat, simply place in a 200°F oven for 3-5 minutes, until warm.

Ingredients
- 1 very ripe medium banana
- 1 teaspoon baking powder
- 1 flax egg
- pinch salt
- 1/2 teaspoon vanilla extract
- 1 Tablespoon almond butter
- 1 Tablespoon canola oil (or coconut oil)
- 3 Tablespoons almond milk (or sub other milk)
- 1/2 cup rolled oats (or gluten free oats)
- 1/4 cup whole wheat or unbleached flour (or sub other flour)
- 3 Tablespoons semisweet chocolate chips (non-dairy for vegan)

Directions
1. Preheat a skillet to medium heat or about 300-325 degrees.
2. Prepare flax egg by mixing flaxseed meal and water and letting set for 3-5 minutes.
3. Mash your very ripe banana with baking powder.
4. Add flax egg, oil, salt, vanilla, almond butter, almond milk and stir.
5. Stir in oats and flour until just combined.