

Banana Chocolate Chip Muffins

Cooking Skill Level:
Moderate

Make ahead & freeze

Number of servings: 12

Total time: 30-40 minutes

Ingredients:

Dry mixture:

- 1 1/2 cups All-Purpose Flour
- 1/3 cup Sugar
- 1 cup Rolled Oats
- 1 tsp Baking Soda
- 2 tsp Baking Powder
- ½ tsp Salt

Wet mixture:

- 1 Egg
- 3/4 cup Milk
- 1 tsp Pure Vanilla Extract
- 1/3 cup Vegetable Oil
- 1 cup mashed Bananas (2-3 ripe)
- 2/3 cup Semi-Sweet Chocolate Chips
- 2/3 cup chopped Walnuts (*optional*)

Instructions:

1. Preheat oven to 400 degrees F. Grease a 12-cup standard muffin tin or a 24-cup mini muffin tin.
2. In a medium bowl combine ingredients for dry mixture. Set aside.
3. In a large bowl beat the egg with a fork. Stir in the milk, vanilla extract, and oil. Place peeled ripe bananas on a large plate and using a fork mash until smooth. Add this to the egg mixture and stir to combine.
4. Use a wooden spoon to gently fold in the dry mixture into the wet mixture. Once combined, gently fold in the chocolate and chopped nuts. (*optional: reserve some to top the muffin batter*)
5. If making standard size muffins, divide the batter evenly among the tin, (*optional: top each muffin with a sprinkle of oats, nuts, and chocolate*), and bake at 400 degrees F for 15-20 minutes until toothpick comes out clean.
6. If making mini muffins, fill the batter right to the tops. (*optional: top each muffin with a sprinkle of oats, nuts, and chocolate*), and bake at 400 degrees F for 10 minutes until toothpick comes out clean.
7. Set on cooling rack and enjoy!

Notes:

Storage: Cool down completely to room temperature and store in ziplock bags or sealed container up to 4 days.

Freezing: These muffins freeze really well! After completely cooled down to room temperature, wrap each muffin in plastic wrap, place in ziplock bag or sealed container and place in freezer for up to 3 months.

Thawing: These can be slowly thawed at room temperature, or microwaved unwrapped, or wrapped in foil in the oven and baked at 350 degrees F for 10-15 minutes.

Nutrition Facts: Per serving*		
Calories	271	% Daily Value
Protein	4g	
Carbohydrate	37g	13%
Fibre	2.8g	11%
Sugars	16.6g	
Fat	12.4g	19%
Sodium	297mg	13 %

* Approximate amounts



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