



## Banana Chocolate Chip Muffins

Serves: 12   Prep Time: 20 min   Cook Time: 18 min

### Ingredients

- 1 ½ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- ¾ cups granulated sugar
- 1 cup mashed bananas (about 3 medium)
- 1 large egg (room temperature)
- ½ cups vegetable oil
- 1 tsp vanilla extract
- ½ cups semi-sweet chocolate chips
- ¼ cups milk chocolate chips

### Steps

- 1 Preheat oven to 375°F. Line a muffin pan with paper liners.
- 2 Combine flour, baking soda, and salt in a small bowl. Stir in chocolate chips.
- 3 Combine sugar, bananas, egg, oil, and vanilla in a medium bowl.
- 4 Add dry ingredients and mix just until combined.
- 5 Pour into prepared muffin tin and bake 18-20 minutes or until a toothpick comes out clean. Do not overbake.
- 6 Cool 5 minutes in the pan before removing and cooling on a baking rack.

### Nutrition

Sodium: 197 mg,  
Protein: 3 g,  
Cholesterol: 15 mg,  
Saturated Fat: 10 g,  
Sugar: 19 g,  
Serving Size: 1 muffin,  
Carbohydrates: 34 g,  
Calories: 263 kcal,  
Fiber: 1 g,  
Fat: 13 g