



Banana Chocolate Chip Muffins

Course: **Muffins**

Servings	Prep time	Cooking time	Total time
12 servings	10 minutes	12 minutes	22 minutes

Ingredients

114 g (1/2 cup) melted butter, cooled

2 bananas, peeled and mashed (about 240 g)

2 eggs, large (about 100 g)

2 tsp vanilla extract

180 g (3/4 cup) plain full fat yogurt

60 ml (1/4 cup) milk

240 g (2 cups) white flour

80 ml (1/3 cup) maple syrup or honey (as a natural sweetener)

1/2 tsp baking powder

1/4 tsp baking soda

1/2 tsp salt

180 g (1 cup) chocolate chips

Directions

1 Preheat your oven to 220°C (425°F).

2 Melt the butter: In a medium-size microwave-safe bowl, melt butter and let it cool for 5 minutes.

3 Mix wet ingredients: Add the mashed bananas, eggs, vanilla extract, yogurt, and milk to the melted butter and mix to combine.

4 Combine dry ingredients: In another bowl, combine flour, brown sugar, baking powder, baking soda, and salt.

5 Mix wet and dry ingredients: Mix the wet ingredients into the dry ingredients and stir until just combined. Do not overmix.

- 6 Add chocolate chips:** Pour in the chocolate chips and lightly mix again.
- 7 Prepare muffin tin:** Line a muffin tin with 12 liners. Fill the muffin cups $\frac{3}{4}$ of the way full. Place a few more chocolate chips on top for garnish.
- 8 Bake:** Bake at 220°C (425°F) for 8 minutes, then lower the temperature to 175°C (350°F) and bake for an additional 12 minutes.
- 9 Cool:** Let the muffins cool in the pan for a few minutes before transferring them to a wire rack to cool completely.