



Healthy Banana Chocolate Chip Oat Muffins

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

40 mins

Description

Moist banana chocolate chip oatmeal muffins with just the right combination of banana and chocolate chips A healthy alternative to most banana chocolate chip muffins this one uses oats and substitutes applesauce instead of cooking oil

Ingredients

— - 1 ½ cups whole wheat flour - 1 cup rolled oats - ½ cup white sugar - 2 teaspoons baking powder - 1 teaspoon baking soda - ½ cup semi-sweet chocolate chips - 2 large eggs - ½ cup unsweetened applesauce - ¼ cup skim milk - 1 cup mashed banana

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper liners. Stir whole wheat flour
2. rolled oats
3. sugar
4. baking powder
5. baking soda
6. and chocolate chips together in a bowl. Make a well in the center. Whisk eggs in a separate bowl until frothy; mix applesauce
7. skim milk
8. and banana into eggs. Pour wet ingredients into well made in flour mixture; stir just to moisten. Batter will be lumpy. Fill the prepared muffin cups about 3/4 full. Bake in the preheated oven until a toothpick inserted into the center of several muffins comes out clean
9. 16 to 18 minutes. Cool in pan for 5 minutes before removing to finish cooling on wire racks.