

Most Requested Banana Chocolate Chip Muffins

Oscar · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

50 mins

Description

This is a most often requested recipe friends and family deliberately let bananas get brown so Ill make them Great for lunch boxes too

Ingredients

- - cooking spray - $\frac{3}{4}$ cup white sugar - 6 tablespoons butter
- softened - 6 tablespoons ground flax seed - 1 teaspoon vanilla extract - 2 eggs - 2 cups all-purpose flour - 1 teaspoon salt - 1 teaspoon baking soda - 3 ripe bananas
- mashed - $\frac{3}{4}$ cup chocolate chips - $\frac{1}{2}$ cup chopped walnuts (Optional)

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Spray muffin cups with cooking spray or line with paper liners. Beat sugar
2. butter
3. flax seed
4. vanilla
5. and eggs together in a bowl with an electric mixer until smooth and creamy. Sift flour
6. salt
7. and baking soda together in a separate bowl. Mix creamed sugar mixture
8. 1/2 cup at a time
9. into the flour mixture until fully incorporated and batter is stiff. Beat bananas into batter with an electric mixer on low. Fold chocolate chips and walnuts into batter; spoon into the prepared muffin cups
10. filling each cup 3/4 full. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean
11. about 25 minutes. Cool in the tins for 10 minutes before removing to cool completely on a wire rack. Cook's Notes: I use half whole wheat flour/half white
12. part agave or honey to increase the 'good for you' factor
13. and semi-sweet mini-chips to ensure that each bite has chocolate in it. Also good zapped for 10 seconds and promptly served with vanilla ice cream!