



BANANA CHOCOLATE CHIP MUFFINS

INGREDIENTS:

- 4 tablespoons unsalted butter (or coconut oil or vegetable oil)
- 1/3 cup pure maple syrup (or honey or coconut sugar, or regular sugar)
- 1 cup mashed ripe banana - about 3 medium bananas
- ¼ cup milk (dairy or non-dairy)
- 1 teaspoon vanilla extract
- 2 eggs
- 1 ½ cups white or whole wheat flour
- 1 ½ teaspoons cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup chocolate chips

DIRECTIONS:

1. Preheat oven to 350
2. Grease muffin tin with butter or oil or use muffin liners
3. Melt butter. Set aside and let cool a bit. Mix all wet ingredients (maple syrup through eggs) in on small bowl. Add butter. Stir.
4. Add all dry ingredients (flour through salt) into large bowl. Whisk to combine
5. Pour wet into dry and stir until combined
6. Distribute batter into muffin tins. Bake at 350 12-15 minutes until lightly brown and toothpick comes out clean