



Banana Chocolate Chip Muffins



Dairy Free



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1.8 cups bananas ripe mashed (3 medium)
- ☐ 0.5 cup oats quick (I used cooking oats)
- ☐ 0.3 cup oil (I used Canola)
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup semi chocolate chips miniature

☐ 0.8 cup sugar

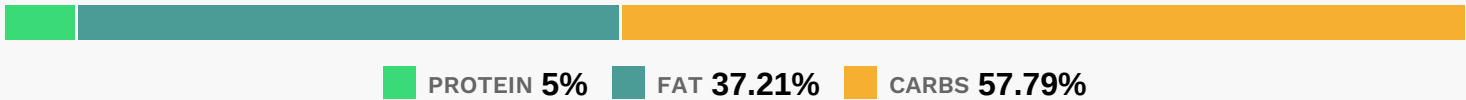
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ potato masher
- ☐ muffin tray
- ☐ immersion blender

Directions

- ☐ Preheat oven to 375F/190C for 15 mins. Lightly grease and line the muffin tin with paper liners. I pureed the bananas using a hand blender with a tablespoon of water in a large mixing bowl. You could simply mash them with a fork or potato masher too. To the banana mixture add the sugar and oil; beat it well with a whisk or electric beater. To the wet ingredients add the flour, oats, baking soda, baking powder and salt; mix until just combined. Stir in the chocolate chips. Fill each muffin cup 3/4ths full; around 3 tablespoons per cup.
- ☐ Bake for 18–20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to wire rack. Do not leave it in the tin for more than 5 minutes because the paper liner will start giving out moisture and the muffins will become soggy.

Nutrition Facts



Properties

Glycemic Index:29.74, Glycemic Load:24, Inflammation Score:-3, Nutrition Score:7.4960869343384%

Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 296.71kcal (14.84%), Fat: 12.44g (19.13%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 40.83g (14.85%), Sugar: 20.68g (22.97%), Cholesterol: 0.89mg (0.3%), Sodium: 194.14mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 3.76g (7.52%), Manganese: 0.54mg (27.16%), Selenium: 9.75µg (13.93%), Vitamin B1: 0.19mg (12.89%), Copper: 0.25mg (12.25%), Iron: 2.15mg (11.94%), Magnesium: 45.71mg (11.43%), Folate: 43.58µg (10.9%), Fiber: 2.63g (10.53%), Phosphorus: 86.71mg (8.67%), Vitamin E: 1.23mg (8.23%), Vitamin B2: 0.13mg (7.8%), Vitamin B3: 1.53mg (7.64%), Potassium: 196.86mg (5.62%), Vitamin K: 5.78µg (5.51%), Vitamin B6: 0.1mg (4.89%), Zinc: 0.68mg (4.53%), Calcium: 29.85mg (2.98%), Vitamin B5: 0.23mg (2.33%), Vitamin C: 1.9mg (2.31%)