



## Pb, Banana, Chocolate Chip Muffins

READY IN



45 min.

SERVINGS



24

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 2 banana ripe
- 0.3 teaspoon cinnamon
- 1 large eggs
- 0.5 cup yogurt plain fat free
- 0.5 cup yogurt plain fat free
- 2.5 cups flour all-purpose
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed

- 0.8 teaspoon salt
- 1 cup bittersweet chocolate
- 0.5 cup skim milk fat free
- 0.8 cup creamy peanut butter
- 24 servings sugar
- 1 teaspoon vanilla extract
- 3 tablespoons vegetable oil

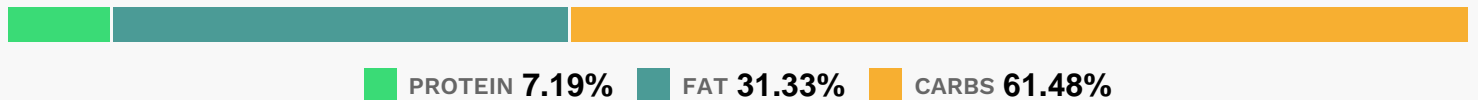
## Equipment

- food processor
- bowl
- oven
- toothpicks
- muffin tray

## Directions

- Preheat oven to 350In a large bowl sift together flour, sugar, brown sugar, baking powder, salt and cinnamon until combined. Set aside.In a food processor combine bananas, yogurt, milk, peanut butter, egg, oil and vanilla. Pulse until it is smooth.
- Pour the wet ingredients into the flour mixture and fold until just combined. Stir in chocolate chips.Spray muffin tins with cooking spray and fill until full.
- Bake on middle rack for 20–25 minutes or until a toothpick comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:12.95, Glycemic Load:16.98, Inflammation Score:-2, Nutrition Score:6.2126086956522%

## Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 7.99%, Sourness: 5.9%, Bitterness: 4.59%, Savoriness: 6.39%, Fattiness: 43.01%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 254.95kcal (12.75%), Fat: 9.1g (14%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 38.57g (14.03%), Sugar: 26.68g (29.65%), Cholesterol: 8.64mg (2.88%), Sodium: 179.79mg (7.82%), Caffeine: 6.27mg (2.09%), Protein: 4.7g (9.4%), Manganese: 0.34mg (17.1%), Phosphorus: 101.44mg (10.14%), Vitamin B3: 2mg (9.99%), Selenium: 6.79µg (9.7%), Magnesium: 35.95mg (8.99%), Folate: 35.22µg (8.81%), Vitamin B1: 0.13mg (8.48%), Vitamin B2: 0.14mg (8.12%), Copper: 0.16mg (8.03%), Iron: 1.4mg (7.8%), Calcium: 74.5mg (7.45%), Vitamin E: 0.96mg (6.39%), Fiber: 1.59g (6.36%), Potassium: 187.87mg (5.37%), Vitamin B6: 0.1mg (4.8%), Zinc: 0.67mg (4.5%), Vitamin K: 3.81µg (3.63%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.12µg (1.99%), Vitamin C: 0.98mg (1.19%)