

## BANANA CHOCOLATE CHIP MUFFINS

*Adapted from the Joy of Cooking*

- 1 ½ C all-purpose flour
- ½ C whole wheat flour or wheat bran
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp baking soda
- ¼ tsp salt
- 1/8 tsp ground nutmeg
- 1 C milk chocolate chips
- 1 egg
- ¾ C packed light brown sugar
- 2 to 3 ripe bananas, mashed (about 1 1/3 C)
- 6 T vegetable oil
- 1 tsp vanilla

Preheat oven to 375. Line a standard 12-muffin pan with paper liners.

In a large bowl, whisk together flour, baking powder, cinnamon, baking soda, salt, and nutmeg. Stir in chocolate chips.

In another large bowl, whisk together egg, brown sugar, mashed bananas, vegetable oil, and vanilla until thoroughly combined. Add the flour mixture to the banana mixture and lightly stir together just until the dry ingredients are moistened. The batter will not be smooth. Spoon the batter into the muffin cups, and bake until a toothpick inserted in the middle of the muffins comes out clean (about 15-20 minutes).

