



# Banana & Oatmeal

## Chocolate Chip Muffins

Yield: 12 Muffins

### Ingredients

- 1½ cups unbleached all-purpose flour (can substitute whole wheat or regular)
- 1 cup rolled oats (can substitute instant oats)
- ¼ cup white sugar
- ¼ cup firmly packed brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 egg
- ¾ cup milk
- 1/3 cup apple sauce (can substitute vegetable oil)
- ½ tsp vanilla bean paste (can substitute vanilla extract)
- 1 cup mashed bananas, the riper the better
- 1 cup milk chocolate chips

### Method:

Preheat oven to 375 F, line a 12-pan muffin tin with paper cups. If you don't have paper cups you will need to line the muffin tins heavily with butter or oil spray and dust with flour.

Combine all dry ingredients in a bowl (flour, oats, sugars, baking powder, baking soda, salt).

In a large bowl beat the egg lightly. Stir in the apple sauce, milk and vanilla, add the mashed banana and combine thoroughly.

Stir the dry mixture into the wet ingredient mixture until just combined. Mix in the chocolate chips.

Divide the batter evenly into the 12 muffin cups. They will look quite full, this is okay.

Bake the muffins for 18-20 minutes. You should be able to insert a toothpick or wooden skewer into the middle of the muffins and it comes out clean.