

Yummy Healthier Banana Muffins

Vichna Belsky

Ingredients

1 cup regular flour

1/2 cup white whole wheat flour

1 tsp baking powder

1 tsp baking soda

1/2 tspn salt

Optional add-ins that I always use:

1 tspn vanilla

1 tsp cinnamon

1/4 tspn nutmeg

1/2 bag chocolate chips

3 bananas (I freeze peeled bananas in chunks as they get ripe)

1/2 - 3/4 cup sugar

1/3 cup applesauce (original recipe uses oil)

1 egg

Method

1. *Smash or blend bananas.*

(I do this with a hand blender in a large glass bowl.)

2. *Add sugar, applesauce, egg, vanilla and mix well.*

(I use hand blender for this step.)

3. *Add dry ingredients and mix gently.*

(Pre-mix the ingredients to ensure even mixing. I use wooden spoon here.)

4. *Add chocolate chips.*

5. *Scoop 1/3 cup of batter into aluminum or greased-paper cupcake holder.*

6. *Bake at 350 for aprox 20 minutes.*

(I like to do it in a toaster to ge ta yummy crunchy muffin top.)

