

# Chocolate Chip Banana Muffins

Eating foods with fibre is an important part of a healthy diet. This tasty recipe makes it easy to do that because it uses higher fibre ingredients such as whole grain flour and fruit.



## Ingredients:

1 cup	All purpose flour	250 mL
1 cup	Whole wheat flour	250 mL
1 tsp	Baking powder	5 mL
½ tsp	Baking soda	2 mL
½ tsp	Cinnamon	2 mL
2 medium	Eggs	2 medium
¼ cup	White sugar	60 mL
¼ cup	Brown sugar	60 mL
½ cup	Canola oil	125 mL
2 large	Bananas, mashed	2 large
⅓ cup	Chocolate chips	75 mL
	Non-stick cooking spray	

## Directions:

1. Preheat oven to 375°F (190°C).
2. Lightly spray muffin tins with non-stick cooking spray or line with paper muffin cups. Set aside.
3. In a small bowl, mix all dry ingredients: flours, baking powder, baking soda, and cinnamon and set aside.
4. In a large bowl, beat eggs. Stir in white sugar, brown sugar and oil; mix well.
5. Add mashed bananas and chocolate chips.
6. Add dry ingredients to the egg mixture. Stir just until blended.
7. Spoon muffin batter into prepared muffin tins.
8. Bake for 20–25 minutes or until lightly browned.
9. Allow muffins to cool before taking out of the tins.

**Makes 12 muffins (64 g)**

Variation: To make carrot raisin muffins, replace the 2 mashed bananas with 1½ cup (375 mL) grated carrots and use ½ cup (125 mL) golden raisins instead of the chocolate chips.

# Chocolate Chip Banana Muffins

<b>Nutrition Facts</b>	
Per 1/12 of recipe (1 muffin/ 64 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 240	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 2 g	<b>10 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 25 mg	
<b>Sodium</b> 90 mg	<b>4 %</b>
<b>Carbohydrate</b> 32 g	<b>11 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 14 g	
<b>Protein</b> 4 g	
Vitamin A	0 %
Vitamin C	4 %
Calcium	2 %
Iron	10 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	2 g
Low in saturated fat	2 g
Low in sodium	90 mg
Source of magnesium	30 mg
High in folate	41 mcg
Source of iron	1.3 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	0
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Products) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- Muffin tin