HEALTHY BANANA CHOCOLATE CHIP MUFFINS

DRY INGREDIENTS:

- 1 ¾ cups white whole wheat flour
- ½ cup coconut sugar
- 1 teaspoon baking soda

WET INGREDIENTS:

- 1 cup mashed banana
- 2 large bananas
- 2 large eggs
- 3/4 cups almond milk unsweetened
- 2 teaspoons vanilla extract
- 2 tablespoons coconut oil melted

DIRECTIONS:

1. Preheat oven to 350ºF and line a muffin tin with cupcake liners or spray with coconut oil cooking spray.
2. Place dry ingredients into a large bowl and whisk.
3. Mash 2 large bananas in a medium-size bowl until there are a few lumps. Then, crack in 2 eggs and whisk. Add almond milk and vanilla and whisk again.
4. Combine dry ingredients with wet ingredients until smooth. Then, add in melted coconut oil and mix again.
5. Transfer batter into muffin tin. Fill each one nearly to the top (these are going to be big muffins!) and add a few more chocolate chips to the top.
6. Bake at 350ºF for 20-23 minutes or until you do the toothpick test and it comes out clean.

NOTES:

- Recipe makes ~14 muffins

BALANCING MEAL IDEAS:

- Replace ¼ cup of flour with ¼ cup protein powder to increase protein intake
- Other ways to add protein to this meal: drink protein shake as a side, add Greek yogurt as a side, add breakfast meats as a side

Reference: https://fitfoodiefinds.com/healthy-banana-chocolate-chip-muffins/