



Banana Chocolate Chip Muffins



Prep Time: 20 minutes Cook Time: 12 minutes Makes: 12 servings

INGREDIENTS

- 2 large bananas, overripe
- 1 large egg
- 1/3 cup light brown sugar
- 1/4 cup olive oil
- 2 tablespoons yogurt, plain
- 1 teaspoon vanilla extract
- 1 cup unbleached, all-purpose flour
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon nutmeg
- 1/3 cup almonds, sliced
- 2/3 cup dark chocolate chips

TIP

- You can store overripe bananas, even when the peel has turned dark, in the refrigerator or freezer until you are ready to bake with them

DIRECTIONS

- **PREHEAT** the oven to 350 degrees.
- **GREASE** muffin molds, or **FILL** with liners.
- **COMBINE** two mashed bananas, egg, sugar and oil in a mixing bowl. **MIX** well.
- **ADD** yogurt and vanilla.
- **MIX** with fork until smooth.
- **ADD** the flour 1/4 cup at a time, with salt and baking soda in between additions.
- **MIX** thoroughly.
- **ADD** almonds and chips.
- **BAKE** for about 8 minutes (mini muffins) and approximately 12 minutes for standard size.