



Cindy Roy

for home, about home, from home

## Banana Chocolate Chip Muffins

Preheat the oven to 400 degrees.

### Ingredients:

- 1 1/2 cups of flour
- 1 cup of rolled oats
- 1/2 cup sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 egg
- 3/4 cup milk
- 1/3 cup of oil
- 1/2 tsp. vanilla
- 2 mashed bananas
- 3/4 cup chocolate chips

### Method:

In a small bowl, combine the dry ingredients and mix well. In a large bowl, lightly beat the egg and then stir in the milk, oil and vanilla. Once combined, add in the mashed bananas and stir again.

Add the dry ingredients to the banana mixture and stir until the dry ingredients are moist and just combined. Do not over mix. Gently stir in the chocolate chips.

Spray a 12 cup muffin tin with non-stick cooking spray. Cut small wax paper squares to sit in the base of each cup (about 1 1/4" squares). I learned this trick from my mom! The little squares help to prevent the bottoms from sticking and help the muffins to release from the pan easily. Divide the batter among the 12 cups and bake for 18 to 22 minutes.

Once cooled, remove the wax paper squares from the bottoms and place in a sealed container or zipper bag to store. I will often wrap them individually in plastic wrap and pop them in the freezer. This keeps the muffins fresh and makes them easy to grab and go!