

Banana Chocolate Chip Muffins

Makes 12 Muffins

Ingredients

- 1 cup all-purpose flour 2 cans water
- 1/2 cup whole wheat flour
- 1/4 cup wheat germ or ground flaxseed
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 ripe bananas, mashed (about 1 cup)
- 2 large eggs, beaten
- 1/2 cup packed brown sugar
- 1/3 cup canola oil
- 1/3 cup 1% lowfat milk
- 1 teaspoon vanilla extract
- 1/2 cup mini chocolate chips



Directions

1. Preheat the oven to 350°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole wheat flour, wheat germ, baking powder, and salt in a large bowl.
3. Combine the bananas, eggs, sugar, oil, milk, and vanilla in a medium bowl and stir until well blended. Pour the liquid ingredients over the dry ingredients and stir until just moistened. Stir in the chocolate chips.
4. Spoon the batter into the prepared muffin cups. Bake about 20 minutes, or until the muffins are light golden and a toothpick inserted in the center comes out clean.
5. Transfer the pan to a wire rack and cool for 5 minutes. Remove the muffins and cool an additional 5 minutes before serving. To make 24 mini muffins, bake about 14 minutes.

Nutritional Information per Serving: 220 calories, 10g fat (2g saturated fat, 1.0g omega-3), 140mg sodium, 31g carbohydrate, 2g fiber, 4g protein

Kitchen Notes

- Ground flaxseed is rich in omega-3 fats and fiber. Once opened, ground flaxseed lasts about 3 months if stored in the fridge or freezer.
- In most recipes that call for all white flour, you can easily replace up to half the flour with whole wheat. Whole wheat flour has more fiber, vitamin E, vitamin B6, and magnesium than white flour.
- Canola oil can be substituted for solid fats such as shortening, butter, and margarine. Use 3/4 cup canola oil for every one cup of solid fat. You'll get triple the omega-3 fats while cutting the saturated fat by a third.
- For the average person who consumes 2,000 calories a day, it is best to limit saturated fat intake to less than 20 grams daily.

Nutrition IQ

- Chocolate contains some caffeine but the amount is negligible compared to coffee and cola. A 1.5-ounce milk chocolate bar has about 10 milligrams of caffeine while an 8-ounce cup of brewed coffee has 135 milligrams and a 12-ounce can of cola has about 40mg.