

Banana Chocolate Chip Muffin

Yield: 10 large muffins or 12 small

Cook time- approximately 24 minutes

If using a NON convection oven, you may have to adjust the time?

If using a chia egg, do that now! *recipe below

Preheat your oven to 350 F or 176 C and grease your muffin tins well (or just use paper liners)

In a blender add:

1 egg or chia egg

1/3 cup fat of choice (olive, coconut, avocado etc)

350 grams of ripe bananas or 3 large bananas (I prefer to weigh the bananas for accuracy)

Blend all the ingredients for 15-30 seconds- until thoroughly mixed and there are no lumps of banana

If you do not have a blender:

Whisk 1 egg well (if using chia egg, just put in a bowl)

Add 1/3 cup fat of choice (olive, coconut, avocado etc) whisk together

Add 350 grams of WELL mashed bananas (use a fork to mash them) or 3 large bananas (I prefer to weigh the bananas for accuracy) and whisk until thoroughly combined.

Mix the entire container of muffin mix with the prepared wet ingredients

Stir until combined, then add

1 cup chocolate chips of your choice and mix well

Divide the batter among 10-12 prepared muffin cups

Bake 350 F or 176 C for 12 minutes, rotate and bake an additional 8-12 minutes- until toothpick inserted comes out clean and the tops are golden

Due to the moisture of these muffins, it is best to store them on the counter NOT covered or refrigerate or freeze immediately

Store: I keep mine on the counter for a couple of days, uncovered. If they are not consumed then I freeze them to ensure freshness

***Chia egg:** 2 tbsp chia seeds and 5 tbsp water- let stand 5-15 minutes

Be creative when preparing these muffins. You can add nuts, seeds, raisins, or??? for some extra crunch and flavour