



## **Banana Muffins**

Yield: 12 large muffins

625 ml	<b>Valley Kitchen All-purpose flour</b>	2 1/2	cups
30 ml	baking powder	2	Tbsp
250 ml	sugar	1	cup
3	bananas, mashed	3	
2	egg, large	2	
5 ml	vanilla	1	tsp
180 ml	milk or water	3/4	cup
180 ml	chocolate chips (optional)	3/4	cup



**Per muffin (made with milk, no chocolate chips):**  
 calories 230  
 fat 4 g  
 saturated fat 1 g  
 omega-3 fat 1 g  
 sodium 210 mg  
 carbohydrate 45 g  
 fiber 4 g  
 sugar 23 g  
 protein 6 g

1. In a large mixing bowl, combine the Valley Kitchen All-purpose flour, baking powder and sugar.
2. Mash the bananas. Add the eggs, vanilla and milk. Mix well to blend.
3. Pour the wet ingredients into the dry ingredients. (Add optional chocolate chips.)
4. Mix with an electric beater or hand whisk until well blended.
5. Using a large scoop, scoop the batter into oiled, non-stick muffin tins. Fill the tins almost full.
6. Bake at 375°F for 23 to 25 minutes for large muffins.

*Cool for 5 minutes and remove from the tins to a cooling rack.*