
Whole Wheat Banana Chocolate Chip Mini Muffins

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Ingredients:

- 2 cups whole wheat flour
- 1 ¼ tsp baking powder
- ¼ tsp salt
- 1 tsp ground cinnamon
- ¼ tsp nutmeg
- 3 medium bananas (about 1 ¼ cups mashed)
- ¾ cup brown sugar
- 1 large egg
- 3 Tbsp vegetable oil
- ¼ cup milk
- 1 tsp vanilla
- ½ cup chocolate chips

Directions:

Preheat oven to 350 degrees. Coat mini muffin pan with a light layer of cooking spray.

In a mixing bowl, whisk together flour, baking powder, salt, cinnamon and nutmeg. Set aside.

In another mixing bowl, mash up the bananas by hand or with a mixer. Mix in the brown sugar, egg, oil, milk and vanilla into the mashed bananas. Blend in the flour mixture into the wet ingredients until just mixed. Stir in the chocolate chips.

Fill each mini muffin cup with a small scoop of batter. Bake for 10-12 minutes, or until a toothpick inserted into the center comes out clean. Remove muffins from tin to cool.

Makes about 60 mini muffins. Or about 12 full-sized muffins baked 18-22 minutes.