

Whole Wheat Zucchini Banana Chocolate Chip Muffins

Ingredients

Item	Single Batch	Double Batch	Preparation/Notes
whole wheat pastry flour	4c	8c	
baking soda	2tsp	1Tbsp + 1tsp	
salt	1/2tsp	1tsp	
cinnamon	1/2tsp	1tsp	
large eggs	2	4	
brown sugar	2/3c	1 1/3c	packed
low-fat milk	2/3c	1 1/3c	
vanilla extract	1Tbsp	2Tbsp	
unsalted butter	1/2c	1c	melted and cooled
zucchini	2 2/3c	1qt + 1 1/3c	freshly grated
mashed banana	2/3c	1 1/3c	1 large banana per cup
mini chocolate chips	1c	2c	

Instructions

Preheat oven to 350 degrees F. In a bowl, whisk together flour, baking soda, salt and cinnamon. Set aside. Line a muffin tin with liners.

In a large bowl, whisk egg and brown sugar together until smooth and no lumps remain. Add in vanilla extract, butter and milk, whisking again until smooth, then stir in zucchini and mashed bananas. Gradually add in dry ingredients, mixing until just combined. Fold in chocolate chips. Fill each muffin liner 2/3 of the way full with batter (I use a 1/4 cup measure to get the muffins to be of equal size).

Bake for 15-17 minutes, or until tops are no longer wet and become slightly golden. Remove and let cool until comfortable to the touch. Top with brown butter glaze if desired.

Yield

Single Batch: 24 muffins

Double Batch: 48 muffins