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Chocolate Banana Muffins

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Chocolate Banana Muffins are the best way to use over ripe bananas. The muffins are very easy to make, soft, chocolaty and full of flavor.

Course	Dessert
Cuisine	American
Keyword	Chocolate Banana Muffins

Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes

Servings	12 muffins
Calories	221 kcal
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Ingredients

- 1 1/2 cups mashed bananas about 3 medium bananas
- 1/3 cup vegetable oil
- 1 egg room temperature
- 1 cup white granulated sugar
- 1 1/2 cups all purpose flour
- 1/3 cup cocoa
- 1 teaspoon baking soda
- 1 teaspoon white vinegar
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

Instructions

1. Preheat oven to 350 degrees F.
2. Line a 12-count muffin pan with cupcake liners. Set aside.
3. In a large bowl, combine mashed bananas, vegetable oil and egg.
4. In a separate large bowl, sift together flour, cocoa and baking powder. Whisk in sugar.
5. Add flour mixture to banana mixture and using a spatula gently stir to combine. Don't over-mix.
6. Add baking soda to a small bowl with the vinegar. Mix to combine.
7. Add vinegar mixture and vanilla extract to the batter, stir to combine.
8. Stir in chocolate chips.
9. Spoon batter into the prepared muffin pan, filling them 2/3 from the top.
10. Optional: Sprinkle each muffin tin with sugar and a few more chocolate chips.
11. Bake for 20 to 25 minutes. Start checking after 15-20 minutes of baking. A toothpick inserted into the center of the muffin should come out clean, or with just some melted chocolate, but not raw batter.
12. Serve the muffins warm or room temperature.
13. Enjoy!

Nutrition Facts

Chocolate Banana Muffins

Amount Per Serving

Calories 221 Calories from Fat 72

% Daily Value*

Fat 8g	12%
Saturated Fat 5g	31%
Cholesterol 13mg	4%
Sodium 99mg	4%
Potassium 305mg	9%
Carbohydrates 39g	13%
Fiber 4g	17%
Sugar 20g	22%
Protein 3g	6%
Vitamin A 70IU	1%
Vitamin C 2.5mg	3%
Calcium 42mg	4%
Iron 2.5mg	14%

* Percent Daily Values are based on a 2000 calorie diet.