

Banana and Chocolate Chip Muffins Recipe

Mood-Boosting Muffins

Difficulty: Easy

Preparation Time: 15 min

Cooking Time: 45 min

Servings: 12 muffins

Cost: Low

INGREDIENTS FOR 12 MUFFINS:

- 160g Sugar
- 360g All-purpose flour
- 8g Baking powder
- A pinch of salt
- 300g Banana pulp
- 60g Eggs (at room temperature)
- 125g Butter
- 100g Whole milk (at room temperature)
- 120g Dark chocolate

Presentation:

To face all the obstacles life throws at us, what we need is a good dose of positivity! But how do you recharge with happiness? The answer is simple: start your day with a sweet treat! Banana and chocolate chip muffins are the perfect recipe to fuel up with energy. These soft little cakes are inspired by one of the most famous American recipes: banana bread. In both cases, mashed

bananas are used to make the dough, giving it flavor and softness. Since we don't settle for less, we decided to make them even more delicious by adding chunks of chocolate. Prepare these banana and chocolate chip muffins, and they'll become a favorite snack for both adults and children!

If you love this fruit, try it in chips form too!

Preparation Steps:

1. Start by melting the butter over low heat in a small saucepan. Let it cool. In the meantime, peel the bananas.
2. Cut them into chunks and mash the pulp with a fork.
3. Once you have a coarse puree, add the egg and melted butter at room temperature.
4. Pour in the room-temperature milk and mix until the mixture is well combined.
5. Sift in the flour and baking powder, and mix until smooth.
6. Add the sugar, a pinch of salt, and mix again but don't overwork the batter.
7. Coarsely chop the chocolate and fold it into the batter.
8. Using an ice cream scoop, divide the batter into 12 muffin liners (5.5 cm diameter) placed in a muffin tray. Alternatively, you can use a spoon or transfer the batter into a piping bag.
9. Bake in a preheated static oven at 170 degreesC for 45 minutes. Check if they are done by inserting a toothpick.
10. Once baked, remove from the oven and let them cool slightly before enjoying.

Storage:

Keep the muffins under a glass dome for up to 1-2 days. Once baked and cooled, they can also be frozen.

Tip:

You can flavor the muffins with vanilla bean seeds, orange zest, or a tablespoon of rum. For a lactose-free version, try our light banana bread recipe!