

Banana Chocolate Chip Muffins

Submitted by: Clarissa Sents

3/4 C. Honey
6 T. Butter, Softened
6 T. Ground Flaxseed
1 tsp. Vanilla Extract
2 Eggs
1 ½ C. Whole Wheat Flour
1 tsp. Salt
1 tsp. Baking Soda
3 ripe Bananas, mashed OR 1 C. Applesauce
3/4 C. Chocolate Chips
1/2 C. Chopped Walnuts

1. Preheat oven to 350. Prepare muffin tins by coating with cooking spray or using paper liners.
2. Using an electric mixer, beat honey, butter, flaxseed, vanilla, and eggs together in a bowl until smooth and creamy.
3. Sift flour, salt, and baking soda together in a separate bowl. Mix the floury mixture into the wet ingredients, ½ cup at a time, until it forms a stiff batter. Beat bananas into batter with an electric mixer on low. Fold chocolate chips and walnuts into batter. Spoon batter into the prepared muffin cups, filling each cup 3/4 full.
4. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Cool in the tins for 10 minutes before removing to cool completely on a wire rack.