



Banana Chocolate Muffins

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Adapted from Nigella Lawson "Kitchen"

4 very ripe bananas
¼ cup canola oil
¼ cup plain yogurt
2 eggs
½ cup brown sugar
1 cup all purpose flour
½ cup whole wheat flour
3 Tbsp. cocoa powder
1 tsp. baking powder
1 tsp. baking soda
½ cup chocolate chips
1 cup chopped walnuts

1. Preheat oven to 400°F and line a muffin pan with paper liners.
2. In a large bowl mash the bananas. Mix in the oil, yogurt, eggs and sugar.
3. In a medium bowl mix the flours, cocoa powder, baking powder and baking soda.
4. Gently add the dry ingredients to the wet, being careful to not over mix the batter. Fold in the chocolate and walnuts if using. Spoon the batter into the prepared muffin pan.
5. Bake for 15-20 minutes. Cool on a wire rack and enjoy.