**Banana Chocolate Chip Muffins**

**Ingredients:**

175mL flour

75mL oats (or bran)

50mL brown sugar

5mL baking powder

1mL baking soda

50mL chocolate chips

½ ripe banana

1 egg

45mL milk

2mL lemon juice

50mL oil

**Method:**

1. Preheat oven to 400°F
2. Prepare muffin tin – makes 6 muffins
3. In a large bowl, combine flour, oats, brown sugar, baking powder, baking soda, and chocolate chips
4. Make a well in the dry ingredients
5. In a medium bowl, mash bananas with a fork
6. Add egg, mix well
7. Add milk, lemon juice and oil. Stir to combine
8. Pour liquid ingredients, all at once into the well in centre of dry ingredients. Gently mix together. **DO NOT OVER MIX!!**
9. Spoon batter into muffin tin ¾ full
10. Bake 15 minutes (until lightly brown on top)
11. Remove from muffin tin and transfer to cooling rack

**Standards:** **Golden brown, round top, no tunnels**