

# *Idiot's Kitchen Recipe – Banana Chocolate Chip Muffins*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



Ingredients:

- 3 Cups Flour
- 1 Tablespoon Baking Powder
- 1 teaspoon Baking Soda
- 1 teaspoon Salt
- ½ Cup Sugar
- 1 (6 oz) container Plain or Vanilla Yogurt
- ¾ Cup Milk
- 2 Eggs
- 1 Stick (½ cup) Butter, melted
- 1 ½ Cups Mashed Ripe Bananas (about 3 bananas)
- 1 Cup Chocolate Chips (Ghirardelli Bittersweet 60% Cacao recommended)

**Preheat the oven to 375 degrees.**

Melt the butter and allow it to cool slightly. In a large mixing bowl, using a sifter or large strainer, sift together 3 Cups Flour, 1 Tablespoon Baking Powder, 1 teaspoon Baking Soda, and 1 teaspoon Salt. Sifting is important to thoroughly combine the leavening ingredients with the other dry ingredients. Add ½ cup Sugar and stir to combine.

In a separate bowl, whisk together 1 (6 oz) carton of plain or vanilla yogurt, ¾ cup milk, and 2 eggs. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Mix a few times only until about half way combined then add the melted butter. Stir a few more times but only until most of the flour has been incorporated. The batter should still be quite lumpy. Do not over stir.

Mash 3 bananas to equal 1 ½ cups. Combine 1 cup of chocolate chips with a bit (less than a Tablespoon) of flour so that the chips don't clump together. Gently stir the bananas and chocolate chips into the batter. Stir just to combine. The batter should still be lumpy.

Grease or spray muffin tins and fill ¾ full. Bake at 375 degrees for 20 minutes until golden brown and a toothpick inserted into the center of the muffins comes out clean and not sticky.

Cool in the pans for 5 minutes to keep muffin shape and then cool on baking racks. Or eat warm.

Makes 18 muffins.