

"Hearty" Banana Chocolate Chip Muffins!

Ingredients:

½ Cup Whole Wheat flour

2 ½ tsp baking powder

¾ cup rolled oats

¼ cup lightly packed brown sugar

¼ cup chocolate chips

1 egg

3 Tbsp non-hydrogenated margarine, melted

½ Cup All purpose flour

¼ tsp baking soda

½ cup white sugar

¼ cup raisins

2 medium, ripe bananas

½ cup milk



Instructions

- Preheat oven to 375 ° F.
- Combine flours, baking powder and baking soda in a large bowl.
- Stir in oats, white sugar, brown sugar, raisins and chocolate chips. Set aside.
- Mash banana in a medium bowl. Add egg, milk and melted margarine. Mix well.
- Stir banana mixture into the dry ingredients. Stir until blended, do not over mix
- Place muffin batter into a lightly greased muffin tins. Bake for 18 to 20 minutes.
- Remove muffins from the tin and cool. Makes 12 muffins.

In motion Nutrition Tip:

Many store bought baked goods contain trans fats which are not good for your health. To avoid trans fats in baked goods, try making your own. Use vegetable oils or non-hydrogenated soft margarine instead of unhealthy alternatives such as shortening or hard margarine.