www.ChrisSivers.com

Chocolate Chip Banana Muffins

Ingredients

- 3 ripe bananas
- 1/3 cup butter, melted
- 1/2 cup white sugar
- 1 egg
- 1 tsp vanilla extract
- 1 tsp baking soda
- pinch of salt
- 1 1/2 cups all purpose flower
- 1/2 heaping cup mini chocolate chips

Instructions -

- 1) Preheat the oven to 350F. Spray muffin tins with cooking spray and set aside.
- 2) In a large bowl mash the week old bananas. Stir in the melted butter.
- 3) Add sugar, egg, vanilla, baking soda, salt and flour and mix until combined.
- 4) Add the chocolate chips and fill muffin tins. Makes 12 muffins.
- 5) Bake for 15-18 minutes. Until browned around the edges and toothpick inserted comes out clean. Allow to cool in tins for 10 minutes before transferring to a cooling rack. By now your whole house should smell incredible. Now I dare you not to eat one while they are still warm.

Alternatives - For a loaf bake in an 8x5" loaf pan for 50-60 minutes if you must but take my advice and stick with the muffins.