

# BANANA OATS CHOCOLATE CHIP MUFFINS

Type of Quickbread

Flour Mixture: Drop batter

<b>Dry Ingredients</b>	125 mL whole-wheat flour 60 mL sifted white flour 125 mL rolled oats 50 mL white sugar 5 mL baking powder 2 mL baking soda 1 mL salt 60 mL chocolate chips
<b>Liquid Ingredients</b>	1 egg 50 mL milk 25 mL oil 1 ripe banana (~ 125 mL)

## Equipment:

- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Custard cups
- Fork
- Large & Small mixing bowls
- Muffin tin
- Paper liners
- Toothpick (for checking)

## METHOD:

1. PREHEAT oven to 375 F.
2. Line muffin tins with paper liners or grease with shortening.
3. In a large mixing bowl, MIX together DRY INGREDIENTS: flours, oats, sugar, baking powder, baking soda& salt. STIR in chocolate chips.
4. In a small mixing bowl, BEAT eggs until foamy using a fork. Add other LIQUID ingredients: oil, milk and mashed bananas.
5. Make a “well” in the center of the dry ingredients. Pour in liquid ingredients all at once into the well.
6. Stir GENTLY with a FORK until all the dry is wet. Batter should look moisten but still LUMPY.  
⊗ *Overmixing the batter causes muffins to have irregular or peaked tops and tunnels (worm holes) in the muffins. Not to mention tougher, drier, crumblier interior too...*
7. Distribute batter onto prepared muffin tin. WIPE UP ANY SPILLS AT THE EDGE WITH A DAMP CLEAN DISHCLOTH.  
\*\* If you have unused muffin tins area: Fill unused muffin tins half-full with water.
8. Bake for 20- 25 minutes.

### Tests for doneness:

- I. Tooth pick inserted comes out clean
- II. Touch muffin top (lightly) and it bounces back
- III. Golden brown colour with pebbly round top

Yield: 6 muffins

