

## **Julie's Banana Chocolate Muffins**

*This is a great way to ensure that you have yummy and healthy snacks at home and for the lunch box and still maintain control of the sugar and fat by making them at home. Whip up a batch on Sunday evening or at the start of the week.*

### **Dry Ingredients:**

1 cup whole wheat flour  
¾ cup wheat bran  
¾ cup ground flaxseed  
¼ cup mini chocolate chips  
1 tbsp baking powder  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp salt

### **Wet Ingredients:**

1½ cups mashed banana (about 3)  
¾ cup brown sugar  
¾ cup buttermilk  
1 egg

### **Directions:**

Preheat oven to 400F. Grease muffin tins or use paper liners.

In a large bowl, mix dry ingredients using a fork.

In a medium bowl, beat wet ingredients until blended. Pour wet ingredients into dry ingredients and mix until just combined. Spoon into prepared muffin cups.

Bake for 20-25 minutes. Makes 12.

**Note:** If you don't have buttermilk, you can sour the milk by using ¾ cup milk plus 1 tsp lemon juice or vinegar.