**HEALTHY CHOCOLATE CHIP BANANA MUFFINS**

Cook time:  25 mins

Total time:  25 mins

Serves: 6 muffins

Healthy chocolate chip banana muffins are totally bikini-friendly! Made with bananas, chocolate chips, Greek yogurt, whole wheat flour, and coconut oil. Easy, low-fat, moist, and healthy muffins!

Ingredients

* 1 cups whole wheat flour (or white whole wheat)
* ½ teaspoon baking powder
* ½ teaspoon baking soda
* 1/8 teaspoon salt
* ¼ teaspoon ground cinnamon
* 1 small egg
* 6 T. light brown sugar, packed
* ¼ cup Greek yogurt (I used 0% fat, any will do)
* 1 teaspoons vanilla extract
* 1 cup very ripe bananas, mashed with a fork
* 2 T. plus 2 t. cup coconut oil
* ¼ cup bittersweet or semisweet chocolate chips (or more, they can also be replaced with nuts)
* 1 tablespoon rolled oats (optional)

Instructions

1. Place a rack in the center of the oven and preheat the oven to 350 degrees F. Spray a muffin pan with nonstick cooking spray, set aside.
2. In a large bowl, combine the flour, baking powder, baking soda, salt, and ground cinnamon. Whisk until just combined. Set aside.
3. In a medium bowl, combine the egg, light brown sugar, Greek yogurt, vanilla extract, mashed bananas, and coconut oil. Using a spatula, mix until all the ingredients are combined. Slowly pour the wet ingredients into the dry ingredients. Gently begin to fold it all together. Work out any flour pockets but do not overmix the batter. Fold in the chocolate chips.
4. Divide the batter between 6 muffin tins, filling ¾ of the way up the tin. Sprinkle with rolled oats if desired. Bake the muffins for 18 - 22 minutes or until a toothpick inserted in the center of the muffin comes out with just a few crumbs. Allow muffins to cool completely.

**Pumpkin Muffins**

**Ingredients**

* 1 large eggs
* 2 T. light olive oil
* ½ cup pumpkin, freshly cooked or canned
* 2 T. skim milk
* 6 T. granulated sugar
* ¼ teaspoon salt
* 1 teaspoons baking soda
* ½ teaspoon allspice
* ½ teaspoon cinnamon
* ½ cup plus 6 T. unbleached, all-purpose flour
* ¼ cup chocolate chips, mini or regular

**Directions**

1. Preheat oven to 350°F. Lightly coat [muffin pan](http://www.foodterms.com/encyclopedia/muffin-pan/index.html) with vegetable [cooking spray](http://www.foodterms.com/encyclopedia/cooking-spray/index.html) or use cupcake liners.

2. Place eggs, oil, pumpkin, milk, and sugar into a blender in the order listed and secure lid.

3. Blend for 10 seconds.

4. In a medium-size mixing bowl, combine salt, baking soda, allspice, cinnamon, flour and chocolate chips in the order listed.

5. Pour pumpkin mixture into bowl containing dry ingredients. Mix by hand just until dry ingredients are moistened.

6. Spoon into the prepared muffin pan, filling each cup ¾ full.

7. Bake 20-25 minutes or until a toothpick inserted in the center of one muffin comes out clean.

8. Cool on wire rack for 5 minutes, then carefully remove each muffin from muffin pan. Serve warm or at room temperature.