

Banana Muffins

INGREDIENTS

4 large bananas

$\frac{3}{4}$ c white sugar

1 egg or yogurt or $\frac{1}{3}$ c applesauce

$\frac{1}{3}$ c vegetable oil

1 tsp baking soda

1 tsp baking powder

$\frac{1}{2}$ tsp salt

1 $\frac{1}{2}$ c flour

1 c chocolate chips

INSTRUCTIONS

1. On a plate, cut the 4 bananas into small pieces, add to bowl and mash bananas with a spoon,
2. Add sugar, egg, oil and mix well
3. Add remaining dry ingredients and mix well
4. Spoon carefully into muffin papers or use two ungreased loaf pans
5. Bake for 20 min at 375 degrees (or 40 min at 350 degrees for loaf pan)

6. EAT!