



## Whole Wheat Chocolate Banana Muffins

These Whole Wheat Chocolate Banana Muffins are packed full of nutrition and flavor. Feel good about feeding your family these for a quick breakfast!

★★★★★ 4.92 from 12 votes

**Yield:** 15 muffins

**Prep Time:**

10 mins

**Cook Time:**

20 mins

**Total Time:**

30 mins

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### INGREDIENTS

- ☐ 1 1/2 cups whole wheat flour (I prefer white whole wheat.)
- ☐ 1/4 cup ground flaxseed (sub: flour)
- ☐ 1/4 cup cocoa powder
- ☐ 1/3 cup sugar (I like coconut sugar, since it has more nutrients.)
- ☐ 1 teaspoon baking soda
- ☐ 1/2 teaspoon salt
- ☐ 1/2 teaspoon cinnamon
- ☐ 1 cup bananas (ripe and mashed)
- ☐ 1/2 cup pureed pumpkin (sub: pureed sweet potato)
- ☐ 1/3 cup plain yogurt
- ☐ 2 large eggs (beaten)
- ☐ 1 teaspoon pure vanilla extract
- ☐ 1/3 cup honey
- ☐ 5 tablespoons coconut oil (melted; Sub: butter or avocado oil)



## INSTRUCTIONS

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1. Preheat oven to 350°F.
2. In a large mixing bowl, whisk together the flour, ground flax, cocoa powder, sugar, baking soda, salt, and cinnamon.
3. In medium-sized bowl, stir together the mashed bananas, pumpkin or sweet potato puree, yogurt, eggs, vanilla, honey, and oil until combined.
4. Add the wet mixture to dry ingredients. Stir just until mixed. Do not over mix.
5. Pour batter into greased muffin tins or silicone liners.
6. Bake for 15-18 minutes, until a wooden toothpick comes out clean.
7. Remove from oven and let the muffins cool on wire rack.

## FREEZER INSTRUCTIONS

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**Freeze For Later:** Bake muffins as stated in directions. Place muffins on cookie sheet lined with waxed (or parchment) paper. Flash freeze the muffins long enough to harden them up. Once frozen, transfer them to freezer safe bag or container. Store up to 3 months.

**Prepare From Frozen:** Let them thaw at room temperature or in the refrigerator. You can also stick them in the microwave for a brief time to warm them up.

## NOTES/TIPS

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- Important: If you can't find "White Whole Wheat Flour" use half whole wheat and half unbleached, all-purpose flour instead.
- Let muffins cool in the muffin tin for 10-15 minutes before trying to remove them.
- Double and freeze! If you already have all of the dishes and ingredients out, you might as well make two batches and save some time in the future. Here are more tips on how to freeze muffins.
- Don't over-mix the batter. To keep them light and fluffy, only mix the batter to the point where all the dry ingredients are combined.
- Use ripe bananas for the best flavor. The bananas bring a lot of sweetness to this recipe so make sure they are nice and ripe!

## NUTRITION

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**Serving:** 1 muffin | **Calories:** 166 kcal (8%) | **Carbohydrates:** 25 g (8%) | **Protein:** 4 g (8%) | **Fat:** 7 g (11%) | **Cholesterol:** 25 mg (8%) | **Sodium:** 164 mg (7%) | **Fiber:** 3 g (13%) | **Sugar:** 13 g (14%)

