



## Banana-Granola Chocolate Chip Muffins

**Prep: 15 minutes**

**Bake: 24 minutes • Serves: 12**

- 12 baking cups
- Nonstick cooking spray
- 1¼ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 large ripe bananas
- 1 large egg
- ½ cup granulated sugar
- ½ cup plain Greek yogurt or sour cream
- 2 tablespoons melted **Land O' Lakes unsalted butter** or canola oil
- 1 cup granola or any multigrain cereal
- ½ cup dark, semisweet or milk chocolate chips

1. Preheat oven to 350°. Line standard 12-cup muffin pan with baking cups; spray cups with cooking spray.

2. In medium bowl, whisk flour, baking soda and salt. In large bowl, mash bananas; whisk in egg, sugar, yogurt and butter. Add flour mixture to banana mixture; stir until just combined. Fold in granola and chocolate chips; divide into prepared cups.

3. Bake 24 minutes or until toothpick inserted in center of muffins comes out clean.

*Approximate nutritional values per serving (1 muffin):*

*222 Calories, 7g Fat (4g Saturated), 22mg Cholesterol, 186mg Sodium, 37g Carbohydrates, 2g Fiber, 18g Sugars, 12g Added Sugars, 5g Protein*

### Dietitian's Dish

> Greek yogurt will boost the calcium. Canola oil will increase the omega-3 and omega-6 fats. Using dark chocolate chips reduces the added sugars. These swaps should make you feel better about baking as a family.