Chocolate Chip Oatmeal Muffins **Egg Allergy Safe**
Makes 12-15 muffins

Ingredients
- 2 medium bananas
- 125 ml (1/2 cup) 2% milk
- 10 ml (2 tsp) vanilla extract
- 125 ml (1/2 cup) applesauce
- 375 ml (1 ½ cups) whole wheat flour (can use all-purpose flour or half whole wheat flour and half all-purpose flour)
- 250 ml (1 cup) oats
- 125 ml (1/2 cup) brown sugar
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 2.5 ml (1/2 tsp) salt
- 125 ml (1/2 cup) chocolate chips

Directions
1. Preheat oven to 205°C (400°F).
2. In a large mixing bowl, mash bananas
3. Add milk, vanilla, applesauce
4. Mix in flour, oats, brown sugar, baking powder, salt and chocolate chips
5. Mix until just combined (do not over mix).
6. Spoon batter into greased or paper lined, 12 cup muffin pans. Fill each 1/2 full.
7. Bake for 20 minutes or until golden brown and toothpick comes out clean.

Tips
- Try it with blueberries instead of chocolate chips.
- *Kids can help*…mash bananas, add and stir ingredients.