

# Whole Wheat Chocolate Chip Banana Muffins

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## **Ingredients:**

- 1 ½ cups all purpose flour
- 1 ¼ tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- 1/8 tsp salt
- 2 egg whites
- 1 cup mashed bananas
- ¾ cup white sugar
- ¼ cup applesauce
- ½ cup semisweet chocolate chips

## **Directions:**

1. Preheat oven to 400 degrees and coat 12 cup muffin tin with nonstick spray.
2. Whisk together flour, baking powder, soda, cinnamon, salt, and sugar. Mix in egg whites, applesauce, and mashed bananas just until moistened. Now stir in the chocolate chips and fill up the muffin cups.
3. Bake for 15 to 18 minutes or until toothpick comes out clean.

