

# Recipe

## Dark chocolate banana muffins

These muffins are packed with whole grains and bananas. They are a tasty breakfast or snack option.

**Makes 12 servings | Prep: 10 minutes | Cook: 25 minutes**



### Ingredients

- 3 medium-ripe bananas, mashed
- ¼ cup honey
- 1 tsp vanilla extract
- 1 large egg
- 2 Tbsp olive oil
- ½ cup non-fat plain Greek yogurt
- 1 cup whole wheat pastry flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- 1/8 tsp salt
- ½ cup dark chocolate chips, divided
- Nonstick cooking spray

### Preparation

Preheat the oven to 350 degrees. Spray a regular-sized muffin pan with non-stick cooking spray.

Mix bananas, honey, vanilla, egg, oil and Greek yogurt until well combined. Add flour, cocoa powder, baking soda and salt. Mix until combined. Stir in 1/3 cup chocolate chips. Pour batter into prepared muffin cups. Sprinkle remaining chocolate chips on top. Bake for 25 minutes until a toothpick comes out clean from the center of a muffin.

**Nutrition information per serving | Serving size: 1 muffin**



Calories: 177 | Total fat: 7 g | Saturated fat: 2 g | Sodium: 135 mg | Cholesterol: 16 mg | Total carbs: 29 g | Fiber: 4 g  
Sugars: 15 g | Protein: 4 g | Potassium: 117 mg

**Teladoc**  
HEALTH