

Banana Chocolate Chip & Walnut Muffins

- 2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 4 overripe bananas
- 1 cup brown sugar
- 3/4 cup (1 1/2 sticks) unsalted butter, melted and cooled
- 2 eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup walnuts
- 1/2 cup chocolate chips

Directions

Preheat oven to 375 degrees F and spray 2 muffin tins (20 muffins positions) with cooking spray.

In a large bowl, combine the flour, baking soda, and salt; set aside. Mash 2 of the bananas with a fork in a small bowl so they still have a bit of texture. With an electric mixer fitted with a wire whisk, whip the remaining bananas and sugar together like you mean it, for a good 3 minutes. Add the melted butter, eggs, and vanilla and beat well, scraping down the sides of the bowl once or twice. Mix in the dry ingredients just until incorporated. Fold in the nuts, chocolate chips and the mashed bananas with a rubber spatula. Spoon the batter into the muffin tins to fill them about a little over halfway.

Bake until a toothpick stuck in the muffins comes out clean, 18 to 20 minutes. Let cool for a few minutes before turning the muffins out. Serve warm or at room temperature.