

low fat Chocolate Banana Muffins

1 egg

1/4 cup oil

1 cup buttermilk

1/2" b. sugar

1 cup mashed banana (2)

1 1/2 tsp vanilla

1 cup flour

1 cup whole wheat flour

3/4" natural bran

1/4" cocoa

1 tsp b. powder

1 tsp b. soda

1/2 cup nuts (opt)

1/4" chips (").

yield - 12 muffins.

Whisk egg, milk, oil & vanilla

stir in sugar till dissolved,

then banana. Stir all flours and dry ingredients
in large bowl. Make well & pour in banana
mixture just till blended. Do not over mix.

5.9. fat

Add chips - 425 - 14 mins. (191 calories per muffin)