



Jumpin' Joe Muffins (Chocolate, Coffee, and Banana)

Excellent way to still use those bananas that have gotten too ripe to just eat like a banana. I love these for breakfast.

Ingredients

Dry

- 1 1/3 cups whole wheat flour
- ½ cup white sugar
- 2 T cocoa powder
- 1 T instant espresso
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp salt
- 1 cup chocolate covered espresso beans

Wet

- ¼ cup sour cream
- ½ cup melted unsalted butter
- ½ cup brown sugar
- 3 eggs
- 1 tsp vanilla extract
- 4 very ripe bananas mashed

Dry: In a large work bowl, combine flour, white sugar, cocoa powder, espresso, baking soda, cinnamon, nutmeg, and salt. Wisk thoroughly. Then fold in espresso beans.

Wet: In a mixing bowl, add sour cream, melted butter, brown sugar, eggs, vanilla, and banana mush. Mix with paddle attachment until well combined.

Combine: Pour the wet into the dry, and fold until all of the dry looks wet. It'll look something like a cake batter.

Dose: Spray a muffin tin with non-stick spray, and fill the cups to about 85%.

Bake: 350 degrees for 30 minutes (give or take). Muffins are done when a toothpick inserted comes out clean.

Cool: Cool in the muffin tin on the counter for 10 minutes, then transfer to a cooling rack.

Serve: Excellent for breakfast. Goes great with coffee. Goes great with milk. Actually, works pretty well with a Malbec.