

BANANA CHOCOLATE CHUNK MUFFINS

Season and Suppers

Prepared at Trailside

NOTES:

Diet tomorrow!!

Using cake flour is preferred. Although you can use all-purpose flour, the muffins will be a little less light.

An alternative to chocolate chunks is a block of semi or bittersweet chocolate and chopped into chunks.

Consider using less rather than more chocolate as too much dark chocolate may overwhelm the banana flavour.

If the muffin pans you are using will have empty cups, try to space them out evenly and fill them 3/4 full of water before putting the muffins in the oven to ensure that the muffins will bake evenly.

Cook's note:

To quickly ripen unripe bananas for baking, bake them unpeeled on a baking sheet at 250° F until soft, 15-20 minutes.

1-1/4 cups cake flour (*all-purpose flour may be used as well*)
3/4 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon Kosher salt
8 tablespoons unsalted butter, **room temperature**
3/4 cup light brown sugar
1 large egg
1 teaspoon vanilla bean paste or vanilla extract
2 tablespoons sour cream
1-1/2 cups mashed very ripe bananas (2 - 3)
1/2 – 3/4 cup dark chocolate chunks (3 -4 ounces)
2 tablespoons rolled oats

In a medium bowl, whisk together the flour, baking soda, baking powder and salt.

Set aside.

In a large bowl with an electric or stand mixer with a paddle attachment, beat the butter on **medium speed** until light and fluffy (*2 minutes*).

Add the brown sugar and beat until fluffy (*2 minutes more*).

Add the egg and vanilla.

Mix until **just combined**.

Add the flour mixture to the batter in **3 parts**, mixing just until combined after each addition.

Add in the mashed bananas and sour cream, mixing on **low** for about 30 seconds.

Using a spatula, fold in the chocolate chunks until combined.

For best results, cover the batter and refrigerate it for a few hours. If not, the batter can be baked right away.

Preheat oven to 425°.

Line muffin cups with parchment liners.

Divide the batter between the lined cups and top with a bit of rolled oats if you like.

Place in the oven and **IMMEDIATELY REDUCE THE OVEN TO 325°.**

Bake until the muffins are golden-brown and a tester comes out clean (*25 minutes*).

Allow the muffins to cool in the pan for 5 minutes.

Remove the muffins from the pan to a cooling rack to cool completely.