

Chocolate Banana Cupcakes



NUTRITION CONSULTING INC.

It's your health. Take a stand.

Makes 12 Servings

What You Need

(Recipe by Anne Lindsay – Anne Lindsay's New Light Cooking) Here is a tasty treat for the chocoholics that. You can use 1 cup all purpose flour and $\frac{3}{4}$ cup whole wheat flour for more fibre. Enjoy!

$\frac{3}{4}$ cup mashed ripe banana (~2 small)	1 $\frac{3}{4}$ cup all purpose flour
$\frac{3}{4}$ cup buttermilk	$\frac{1}{4}$ cup unsweetened cocoa powder, sifted
$\frac{3}{4}$ cup packed brown sugar	1 tsp. baking soda
$\frac{1}{4}$ cup corn syrup	$\frac{1}{2}$ tsp. salt
3 tbsp. vegetable oil	$\frac{1}{2}$ cup chocolate chips
2 tsp. pure vanilla	1 tbsp. icing sugar

Per Serving

Calories 232
Carbohydrates 43 g
Protein 3 g
Fat 6 g
Dietary Fiber 2 g

How You Prepare

1. In bowl, mix bananas, buttermilk, brown sugar, corn syrup, oil, and vanilla.
2. Mix together flour, cocoa, baking soda and salt; sprinkle over banana mixture and stir just until moistened.
3. Spray muffin pans with nonstick cooking spray; spoon in batter, filling two-thirds full. Sprinkle chocolate chips over top. Bake in 400° (200°) oven for 15 to 20 minutes or until toothpick inserted in centre comes out clean. Let cool in pans on rack. Sift icing sugar on top.