CHOCOLATE CHIP BANANA MUFFINS

With Zucchini and a wholesome seed mix.

MAKES 24 MUFFINS • BAKE 25-30 MIN at 350°F



INGREDIENTS

- [ ] **Ripe Bananas:** 2, mashed
- [ ] **Zucchini**: 1, peeled & finely chopped
- [ ] **Brown Sugar:** ½ cup, packed
- [ ] **Butter**: 6 TBSP, melted & cooled
- [ ] **Vanilla Extract**: 1 TBSP
- [ ] **Cinnamon**: 1 TBSP
- [ ] **Egg:** 1 large
- [ ] **All-purpose Flour**: 2 cups
- [ ] **Baking Soda:** 1 tsp
- [ ] **Salt**: ¼ tsp
- [ ] **Chocolate Chips:** 1 cup, mini or regular
- [ ] **Hemp/Chia/Flax Seed Mix**: ¼ cup total

DIRECTIONS

1. **Prep**. Heat oven to 350°F. Line a standard muffin pan.
2. **Mix wet ingredients.** Whisk **6 TBSP butter**, **½ cup brown sugar**, **1 large egg**, and **1 TBSP Vanilla**. Add and mash **2 ripe bananas,** then stir in **1 zucchini**.
3. **Mix dry ingredients.** Whisk **2 cups flour**, **1 tsp baking soda**, **¼ tsp salt**, and **1 TBSP cinnamon** in a bowl.
4. **Combine** dry mix into the wet until combined. Fold in **1 cup chocolate chips**, and **¼ cup seed mix**.
4. **Bake**: Fill muffin cups ¾ full. Bake 25–30 minutes, check at 20 min, until a toothpick comes out clean. If the muffins come out light brown, immediately take them out of the pan to cool on a wire rack.

COOL & STORE

Cool muffins before storing.

- **Refrigerate** for up to 5 days.
- **Freeze** 2–3 months for best quality.

QUICK TIPS

Banana and zucchini sizes vary; check the batter for a pancake mix consistency before baking. If too thick, add some milk.