



Butter Free Banapple Chocolate Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12:

- 3 bananas, mashed (300g)
- 2 apples, deskinning and diced (200g)
- 100g chocolate chips
- 1 egg, beaten
- 125ml grapeseed oil
- 75g sugar
- Juice of half a lemon
- Zest of 1 lemon
- 250g plain flour
- 1.5 tsp bicarbonate of soda
- 1 tsp baking powder

Instructions

1. Gently beat the bananas with the egg, oil, sugar, lemon juice and zest.
 2. In another bowl, sift in the flour, soda and baking powder. Gently mix in the apples.
 3. Add in the wet mixture, part mix, then fold in the chocolate chips. Mix until just combined.
 4. Spoon into a lined muffin tin, then bake at 180 degrees C for 25-30 minutes.
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