

# Chocolate Chip Banana Nut Muffins

## Ingredients

2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup (1 stick) unsalted butter, softened  
3/4 cup sugar  
2 eggs  
1 teaspoon vanilla  
3 medium very-ripe bananas  
1/2 cup sour cream  
1 cup semi-sweet chocolate chips  
1 cup chopped pecans

## Directions

Place the bananas into zip-top bags and let the children squish them. This is a great sensory activity too!

Then, combine your dry ingredients together: the flour, baking soda, baking powder, and salt. Sift together with a whisk.

Put the butter and sugar into a different mixing bowl. Beat with an electric mixer until creamed. Add the eggs and vanilla. Beat until well combined. Mix in sour cream.

To add the bananas, snip the corner from the zip-top bag, making about an inch hole, and squeeze the bananas from the bag into the mixing bowl. Mix well.

Stir in the chocolate chips and nuts.

Using a large cookie scoop, fill muffin cups 3/4 full.

Bake at 325 degrees for about 20-30 minutes. If you make this into a loaf, cook for about one hour.