

# Oatmeal Banana Chocolate Chip Muffins

## An 'After School Club Healthy Snack' Recipe

*Recipe provided by Holistic Nutritionist Sarah Green*

1/4 cup	Brown Sugar
1/2 cup	Butter, melted
2	Organic or Free Range Eggs, beaten
3	Bananas, mashed
1/2 cup	Honey
1 cup	Whole Wheat Flour
1/4 cup	Oat Bran
1 tsp.	Baking Powder
1 tsp.	Baking Soda
3/4 tsp.	Salt
1 cup	Large Flake Oats
3/4 cup	Dark Chocolate Chips

*Preheat oven to 375 degrees.*

*Mix first 5 ingredients together in a large bowl. Add all other ingredients and mix together. Place in greased muffin tins, 3/4 full.*

*Bake at 375 degrees for 15 - 18 minutes.*

### **What makes this a Healthy Snack Sarah?**

"Oats, whole wheat flour and oat bran ensure a great deal of fibre in these delicious muffins. Oats have a calming effect on the nervous system and you can't help but feel better after eating one of these!"

*Sarah Green, Holistic Nutritionist*

