

Chocolate Banana Muffins

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-muffins-recipe-easy-south-africa>

Ingredients:

- 2 cups whole wheat pastry flour
- 1/3 cup sugar
- 1/4 cup cocoa powder
- 1 egg
- 1/2 cup unsweetened applesauce
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 4 bananas ripe, mashed

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 55 milligrams
4. Fat: 2.5 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 630 milligrams
9. Sugar: 34 grams

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