

# Banana & Green Tea Milk Chocolate Chunk Muffins

Yield: 12 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-apple-tea-powder-recipe>

## Ingredients:

- 1 2/3 cups all-purpose flour white
- 1 9/16 cups whole wheat flour white
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt or kosher salt
- 1/2 cup unsalted butter 1/2 cup or 1 stick
- 3/4 cup dark brown sugar
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 bananas medium ripe
- 2 large eggs
- 1 cup buttermilk well shaken
- 1 teaspoon tea powder matcha
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 11/16 cup milk chocolate chopped
- 1/2 cup turbinado sugar sometimes called Sugar in the Raw, optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 60 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 7 grams
8. Sodium: 280 milligrams

9. Sugar: 27 grams

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