



Dairy-Free and Egg-Free Banana Chocolate Chip Muffin

Supplies:

- 12-serving muffin tin

Ingredients:

- 1 and ½ cups all-purpose flour
- 1 and ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- ½-1 cup dairy-free chocolate chips (Enjoy Life)
- 3 tablespoons applesauce (or 1 egg if not egg allergic)
- 1 cup mashed banana (approx. 3 bananas)
- ¾ cup sugar (you can reduce to ½ cup for less sugar)
- ¼ cup cooking oil



Instructions:

1. Preheat the oven to 350F. Grease muffin pan or use muffin pan liners
2. In a medium-sized bowl, mix dry together dry ingredients: 1 and ½ cups flour, 1 and ½ teaspoon baking powder, ¼ teaspoon baking soda, ¼ teaspoon ground cinnamon, and ⅛ teaspoon salt.
3. Make a well in the center of the bowl with the dry ingredients.
4. In a small bowl, mix together the wet ingredients: 3 tablespoons applesauce (or 1 egg), 1 cup mashed banana, ¾ cup sugar, ¼ cup cooking oil
5. Pour wet ingredients into the center of the dry ingredients
6. Add in ½-1 cup dairy-free chocolate chips
7. Stir ingredients together just until moistened. Batter will be thick.
8. Spoon the mixture into your muffin tin, about ¾ full
9. Bake for 20-25 minutes in 350F oven or until a toothpick comes out clean
10. Enjoy warm with dairy-free butter or cooled

Storage:

- Store in an airtight container for 1 week in the refrigerator or countertop.
- Store in the freezer for up to 1 month. When ready to eat, let the muffin thaw out for about 2 hours.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: wheat