

# Banana Walnut Chocolate Chips Muffin



*A brilliantly crafted mix of banana, walnuts and chocolate chips, these flavorful muffins will certainly have you reaching for seconds.*

#### **Nutrition Content Per 100g:**

**Calories 363kcal; Total Fat 16.3g; Saturated Fat 7.7g; Trans Fat 0.3g; Cholesterol 39.5mg; Total Carbohydrates 48.6g; Dietary Fiber 1.1g; Sugars 29.2g; Protein 5.5g; Calcium 106mg; Magnesium 45.2mg; Phosphorus 222mg; Potassium 266mg; Sodium 267mg; Iron 1.3mg; Vitamin A 276IU; Vitamin C 0mg**

#### **Benefit of Using U.S. Permeate:**

- Improves taste and texture by bringing out existing flavors and enhancing moistness.

#### **Ingredients:**

Plain Flour	250g
<b>U.S. Permeate</b>	<b>30g</b>
Baking Powder	12g
Baking Soda	6g
Castor Sugar	200g
Butter (Unsalted)	115g
Eggs	100g
Water	40g
Riped Banana, mashed	300g
Walnut, chopped	100g
Milk Chocolate Chips	60g
<b>Total</b>	<b>1213g</b>

#### **Preparation:**

1. Mix flour, permeate, baking powder and baking soda. Set aside.
2. In a mixer bowl, cream butter and sugar until light and fluffy. Beat in the eggs and water until combined.
3. Stir in mashed bananas until combined. Gently mix in dry ingredients until just combined, do not overmix.
4. Gently mix in half the amount of chopped walnuts and chocolate chips until just combined.
5. Spoon into the muffin tin, filling each cup about  $\frac{2}{3}$  full (70g). Sprinkle the remaining chopped walnuts and chocolate chips on top of the muffin.
6. Bake at 180°C for 25 to 30 minutes.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: [www.ThinkUSADairy.org/SEAsia](http://www.ThinkUSADairy.org/SEAsia)