

## Moist Chocolate Banana Chocolate Chip Muffins: The Best Breakfast Treat

Moist Chocolate Banana Chocolate Chip Muffins



**OVEN**  
**375°F**

**TIME**  
**20-25 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, melted
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup mashed ripe bananas (about 2-3 bananas)
- 1 cup semi-sweet chocolate chips

#### Swaps and Notes:

**Bananas:** Make sure your bananas are very ripe and spotty. This is crucial for both sweetness and moisture.

**Chocolate Chips:** Semi-sweet chocolate chips are my preference here, but you can also use milk chocolate or dark chocolate chips. You can also use a mix of all three.

**Cocoa Powder:** Use a high-quality unsweetened cocoa powder for the best chocolate flavor.

**Sugar:** The combination of granulated and brown sugar gives these muffins their perfect soft and moist texture.

#### Step-by-Step Instructions:

**Preheat and Prep:** Preheat your oven to 375°F (190°C). Line a 12-cup muffin tin with paper

liners.

**Mix the Dry Ingredients:** In a large bowl, whisk together the flour, cocoa powder, baking soda, and salt.

**Mix the Wet Ingredients:** In a separate medium bowl, whisk together the melted butter, granulated sugar, and brown sugar until well combined. Whisk in the eggs, vanilla extract, and mashed bananas until the mixture is smooth.

**Combine and Fold:** Pour the wet ingredients into the bowl with the dry ingredients. Stir just until the mixture is combined. Do not overmix! A few lumps are perfectly fine and are the key to a tender muffin.

**Add the Chocolate Chips:** Gently fold in the chocolate chips, reserving a few to sprinkle on top.

**Fill the Muffin Tin:** Spoon the batter evenly into the prepared muffin tins, filling each one about two-thirds of the way full. Sprinkle the reserved chocolate chips over the top.

**Bake:** Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

**Cool:** Let the muffins cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

**Tips for Success:**

**Use Overripe Bananas:** This is the most important tip for a moist and flavorful muffin. The spottier the bananas, the better.

**Don't Overmix:** This is the most important tip for a light and tender muffin. Mixing too much will develop the gluten, resulting in a tough, dense muffin.

**Bake at a Higher Temperature:** Baking at 375°F helps the muffins rise quickly, creating those beautiful, domed tops.

**Don't Overbake:** Pull the muffins out of the oven as soon as a toothpick comes out clean. Overbaking can make them dry.

**Serving Suggestions and Pairings:**

**Nutritional Information (per muffin, approximate):**

Calories: 300 kcal

Carbohydrates: 45g

Protein: 5g

## DIRECTIONS

1. **Preheat and : Prep:** Preheat your oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners.
2. **Mix the : Dry Ingredients:** In a large bowl, whisk together the flour, cocoa powder, baking soda, and salt.
3. **Mix the : Wet Ingredients:** In a separate medium bowl, whisk together the melted butter, granulated sugar, and brown sugar until well combined. Whisk in the eggs, vanilla extract, and mashed bananas until the mixture is smooth.
4. **Combine and : Fold:** Pour the wet ingredients into the bowl with the dry ingredients. Stir just until the mixture is combined. Do not overmix! A few lumps are perfectly fine and are the key to a tender muffin.
5. **Add the : Chocolate Chips:** Gently fold in the chocolate chips, reserving a few to sprinkle on top.
6. **Fill the : Muffin Tin:** Spoon the batter evenly into the prepared muffin tins, filling each one about two-thirds of the way full. Sprinkle the reserved chocolate chips over the top.
7. **Bake:** Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
8. **Cool:** Let the muffins cool in the tin for a few minutes before transferring them to a wire rack to cool completely.
9. **Tips for Success: Use Overripe Bananas:** This is the most important tip for a moist and flavorful muffin. The spottier the bananas, the better.
10. **Don't Overmix:** This is the most important tip for a light and tender muffin. Mixing too much will develop the gluten, resulting in a tough, dense muffin.

11. Bake at a : Higher Temperature: Baking at 375°F helps the muffins rise quickly, creating those beautiful, domed tops.
12. Don't : Overbake: Pull the muffins out of the oven as soon as a toothpick comes out clean. Overbaking can make them dry.
13. Serving Suggestions and Pairings: These muffins are absolutely delicious on their own. They're a perfect breakfast or a sweet treat with a cup of coffee or a glass of milk. For a full breakfast spread, you could serve them alongside some fresh fruit or a plate of scrambled eggs. For a perfect dessert pairing, you could also serve them with a scoop of vanilla ice cream or a dollop of whipped cream.
14. Nutritional Information (per muffin, approximate):  
Calories: 300 kcal
15. Carbohydrates: 45g
16. Protein: 5g
17. Fat: 12g
18. Saturated : Fat: 7g
19. Cholesterol: 40mg
20. Sodium: 250mg
21. Fiber: 2g
22. Sugar: 30g
23. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
24. Storage and Leftover Tips: Store these muffins in an airtight container at room temperature for up to 3 days. For a fresher taste, you can pop them in the microwave for a few seconds to warm them up. For longer storage, you can freeze them for up to 2 months. Thaw them at room temperature for about 30 minutes before serving.
25. More Recipes You'll Love: If you enjoy baking and creating delicious treats from scratch, you might also like these other recipes:

## SWAPS & NOTES

Bananas: Make sure your bananas are very ripe and spotty. This is crucial for both sweetness and moisture.

Chocolate Chips: Semi-sweet chocolate chips are my preference here, but you can also use milk chocolate or dark chocolate chips.

You can also use a mix of all three.

## TIPS FOR SUCCESS

Use Overripe Bananas: This is the most important tip for a moist and flavorful muffin.

The spottier the bananas, the better.

Don't Overmix: This is the most important tip for a light and tender muffin.

Mixing too much will develop the gluten, resulting in a tough, dense muffin.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/moist-chocolate-banana-chocolate-chip-muffins-the-best-breakfast-treat/>