

Banana-Chocolate Loaf or Muffins!

Adapted from RicardoCusine.com

Yield: 2 loaves or 18 muffins

Ingredients:

- 1 cup Bananas, mashed (see note below)
- 1 cup Sour Cream
- 2 cups All-Purpose Flour
- 1 tsp. Baking Soda
- 1/4 tsp. Salt
- 2 Large Eggs
- 1 1/2 cups Dark Brown Sugar, lightly packed
- 1 tsp. Vanilla
- 1/2 cup Vegetable or Canola Oil
- 3/4 cup Semi-Sweet Chocolate Chips

Directions:

1. Preheat oven to 350F, making sure the rack is in the middle of the oven. Butter two 10 x 4 inch loaf pans; you can also line them with parchment paper making the loaves easier to remove after baking or line a muffin pan with paper liners.
2. In a medium sized bowl, mix the bananas and sour cream together and set aside.
3. In another medium sized bowl, whisk together the flour, baking soda and salt with a fork and set aside.
4. In a large bowl (or the bowl of an electric mixer), beat the eggs, sugar and vanilla together until the mixture triples in size, about 5 minutes with an electric mixer, 10 minutes by hand. Then in a steady stream (electric) or 1 tbsp. at a time (hand) mix in the oil.
5. Alternate stirring in the dry ingredients and banana mixture to the large bowl.
6. Stir in chocolate chips by hand and then spread batter into the loaf pans and bake for 50-60 minutes (rotating half way) or until a toothpick inserted in the center comes out clean. You can also distribute the batter evenly between muffin wells till about 3/4 full and bake for 25-30 minutes. Let cool completely in the pan placed on a wire rack.

Note:

If you are using fresh bananas, you need about 3 medium sized. If you are using frozen bananas, peel and let thaw before use. Also, extra liquid will be produced when using frozen bananas, thus reduce bananas to 3/4 cup.