***UNSOLICITED ADVICE*** *“You know what you should do?"*

Doesn’t your back go up when someone offers unsolicited advice

In fact, often the back goes up and the mind shuts down when people start telling us what to do.  Is it a leftover response from the teenage years? Or is it a reaction based on who is dispensing the advice?  We don’t even realize that those of us who hate getting advice sometimes are very free with dishing it out.  Of course we might be so busy dishing out advice we aren’t aware that the receiver has shut us off.
There’s a song title that describes this whole dilemma:  *“Don’t Should on Me and I Won’t Should on You!”*(Say this three times fast, and you might get into a bit of trouble!)
The downside is that we have become a generation that misses out on some good recommendations because advice has gotten a bad rap.  In the old days, people would seek out a sage’s wise counsel.  Nowadays it’s hard to find a good sage when you need one.  But this could be because we don’t take the time to look in the right places.
There are people all around us with experience in whatever area we are muddling through who would be surprised and delighted to share their knowledge.  Be it the elderly man next door whose tomatoes are better than anyone else’s in the neighborhood or the maintenance man at work who can get the black marks off the tiles in ten seconds flat, **people are flattered when you ask them to share their expertise.**
Maybe that’s the clue. We are only open to advice when we ask for it, yet most of us have stopped thinking with our noggin and asking for it when we need it.
Seeking out advice doesn’t mean you have to take it.  Just keep in mind how good you feel when someone asks for your counsel and then ignores your wisdom and does his own thing.  It’s so interesting that by taking another’s’suggestions, we sometimes wind up saving time, or avoiding mistakes, or seeing  things from a different dimension, and at the same time that someone else is flattered that another person thought their idea was worthwhile.
How fabulous is that? Instead of isolating ourselves with our own frustrating dilemma, we might be one piece of advice away from success. And often the person who can enlighten is the person we least expect.
Look around. There are sages all over the place who are just waiting for us to ask.
Go ahead. Take my advice.

Banana Chocolate-Chip Mini Muffins

WeightWatchers Recipe
Ratings (658)
***1 PointsPlus***Value
**Prep time:** 20 min
**Cook time:** 18 min
**Other time:** 5 min
**Serves**: 36
These bite-size treats are the perfect solution for a chocolate craving. Freeze extra muffins, then thaw and reheat for 3 to 5 minutes.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ingredients**

|  |  |
| --- | --- |
|  | 1 cup(s) light artificially sweetened vanilla yogurt |
|  | 1/2 cup(s) fat free skim milk |
|  | 1/2 cup(s) uncooked quick oats |
|  | 1/2 tsp vanilla extract |
|  | 1 large egg(s), beaten |
|  | 1 large banana(s), mashed |
|  | 1 1/4 cup(s) all-purpose flour |
|  | 1/4 cup(s) unpacked brown sugar |
|  | 2 tsp baking powder |
|  | 1/2 tsp baking soda |
|  | 1/2 tsp table salt |
|  | 1/2 cup(s) mini chocolate chips, divided |

**Instructions**Preheat oven to 375ºF. Coat 36 mini muffin holes with cooking spray (use three 12-hole pans).In a large mixing bowl, combine yogurt, milk, oats, vanilla extract and egg; set aside 5 minutes for oats to soften and then stir in banana.In a separate bowl, stir together flour, brown sugar, baking powder, baking soda and salt. Stir flour mixture into yogurt mixture to moisten ingredients (do not beat - the dough will be very thick). Reserve 1 tablespoon chips; stir in remaining chips.Spoon batter by heaping tablespoons into prepared muffin holes; sprinkle each with a few reserved chocolate chips. Bake until golden brown and a tester inserted in center of a muffin comes out clean, about 15 to 18 minutes. Yields 1 muffin per serving.**Notes**Reserve a few oats to sprinkle on top of batter in pan just before baking if desired. |

 |