



Banana Muffins

SERVINGS

18

TIME

45 minutes

INGREDIENTS

- 2 ¼ cup flour, (we'll use whole wheat)
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon baking powder
- 3-4 very ripe bananas
- ¼ cup plain yogurt (or sour cream)
- ¼ cup honey or maple syrup
- 2 eggs at room temperature
- ⅓ cup oil, such as coconut or vegetable
- 1 teaspoon vanilla extract
- Mix-ins (choose up to 2): ½ cup nuts (walnuts or pecans), ½ cup dried fruit or unsweetened coconut, ½ cup semi-sweet choc chips, 2 tablespoons cocoa powder, 1 teaspoon cinnamon, ½ teaspoon cardamom, ½ teaspoon allspice, ¼ teaspoon nutmeg, ¼ teaspoon cloves

EQUIPMENT

- Muffin tins + liners
- 2 mixing bowls, one large + one medium sized
- 1 small bowls for the eggs
- 1-2 spatulas + whisk (if you have one)
- Dry measuring cups and spoons and a liquid measuring cup
- Silverware (knife, fork, and spoon)
- Ice cream scoop

DIRECTIONS

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- Preheat oven to 350°F. Line a muffin tin with paper liners or grease each cavity with spray or butter.
- Measure flour, baking soda, salt, and baking powder into a large bowl. Whisk to combine and set aside.
- Crack eggs into a small bowl. Remove any shells after cracking. Mix with a fork to combine.
- In another large bowl, place peeled bananas. Mash really well with a fork. Add eggs, yogurt, honey (or other type of sugar), oil, and vanilla. Stir with a spatula until well combined.
- Combine "dry" and "wet" ingredients into the largest bowl. Stir with a spatula to combine, and be sure to scrape down the sides and the bottom of the bowl.
- Add in "mix-ins" and stir to combine.
- Use an ice cream scooper to fill each muffin cavity. Only fill the cups about ¾ full because they will rise.
- Bake for about 25 minutes, until a toothpick inserted into the middle comes out clean or the muffins spring back to the touch.

EXTRA

Slice a warm muffin in half, and add a cream cheese spread! Combine 1/4 cup softened cream cheese, 2 teaspoons sugar, and 1 teaspoon mix-in (vanilla, cocoa powder, cinnamon). Stir to combine, taste, and modify as needed!

