

Banana muffins: a classic must have recipe



Banana Muffins

Sometimes you just have to go with the classics – a great banana muffin recipe perfect for those last few (too) ripe bananas. This recipe is basic, moist and quick. I made a double batch because I had lots of ready bananas – one batch was regular muffins with no topping and one was minis with the brown sugar/cinnamon topping.



Mini Banana Muffins

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3 bananas, mashed
- 1/2 cup white sugar
- 1/2 cup brown sugar (split in half)
- 1 egg, lightly beaten
- 1/3 cup vegetable oil
- 1/3 cup packed brown sugar
- 1 tablespoon plus one teaspoon ground cinnamon
- 1 cup walnuts or pecans (optional)
- 2 tablespoons butter melted
- 1/4 cup brown sugar

Procedure:

1. Preheat oven to 375 degrees and spray muffin tin (24 minis or 12 regular size) with vegetable spray or line with papers.
2. Mix flour, baking soda, baking powder, salt and 1 tablespoon cinnamon in a bowl. In a mixing bowl, mix bananas, sugar, 1/4 cup brown sugar, egg and vegetable oil. Add the dry ingredients and nuts if used just until moistened. Spoon batter into prepared muffin cups – an ice cream scoop works great.
3. In a small bowl, mix together the remaining 1/4 cup brown sugar and 1 teaspoon cinnamon.
4. Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

5. While still warm in the pan, brush with melted butter and sprinkle with brown sugar/cinnamon mixture, then set aside to cool.



Banana muffins cooling



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