



# Banana Nut Muffins



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## Introduction

Banana Nut Muffins are a delicious and wholesome treat that combines the natural sweetness of ripe bananas with the crunch of nuts. Perfect for breakfast or as a snack, these muffins are moist, flavorful, and easy to make. They are an excellent way to use up overripe bananas and can be enjoyed by both children and adults. This recipe is simple and requires minimal ingredients, making it accessible for bakers of all skill levels.

## Detailed Ingredients with measures

Ripe bananas – 3 to 4 medium sized  
Granulated sugar – 3/4 cup  
Brown sugar – 1/4 cup  
Egg – 1 large  
Vanilla extract – 1 teaspoon  
Vegetable oil – 1/3 cup  
All-purpose flour – 2 cups  
Baking soda – 1 teaspoon  
Salt – 1/2 teaspoon  
Chopped walnuts – 1/2 cup

## Prep Time

The preparation time for these Banana Nut Muffins is approximately 15 minutes.

## **Cook Time, Total Time, Yield**

The cook time is about 20-25 minutes. Therefore, the total time for this recipe, including prep and cooking, is around 35-40 minutes. This recipe yields approximately 12 muffins.





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## Detailed Directions and Instructions

### **Preheat the Oven**

Preheat your oven to 350°F (175°C) to ensure it's hot enough for baking.

### **Prepare Muffin Tins**

Line the muffin tins with paper liners or spray them with non-stick cooking spray to prevent the muffins from sticking.

### **Mash Bananas**

In a large mixing bowl, mash 3 ripe bananas until smooth.

### **Mix Wet Ingredients**

Add 1/2 cup of melted butter, 1/2 cup of brown sugar, and 1/4 cup of granulated sugar to the mashed bananas. Stir until well combined.

See also [Chia Lemonade](#)

### **Add Eggs and Vanilla**

Crack in 1 large egg and add 1 teaspoon of vanilla extract. Mix until everything is thoroughly incorporated.

### **Combine Dry Ingredients**

In a separate bowl, whisk together 1 1/2 cups of all-purpose flour, 1 teaspoon of baking soda, and a pinch of salt.

**Merge Mixtures**

Slowly add the dry ingredients to the wet mixture, stirring gently. Be careful not to overmix; it should be just combined.

**Add Nuts**

Fold in 1/2 cup of chopped walnuts or pecans, ensuring they are evenly distributed throughout the batter.

**Fill Muffin Tins**

Spoon the batter into the prepared muffin tins, filling each cup about 2/3 full to allow for rising.

**Bake Muffins**

Place the muffin tins in the preheated oven and bake for 18-22 minutes, or until a toothpick inserted in the center comes out clean.

**Cool the Muffins**

Once baked, remove the muffins from the oven and let them cool in the tins for 5 minutes before transferring them to a wire rack to cool completely.

## Notes

**Banana Ripeness**

Using very ripe bananas will enhance the sweetness and flavor of the muffins.

**Nut Substitutions**

You can substitute the walnuts or pecans with chocolate chips or dried fruit if desired.

**Storage Instructions**

Store any leftover muffins in an airtight container at room temperature for up to three days or in the refrigerator for up to a week.

**Freezing Muffins**

These muffins can also be frozen. Wrap them individually and store in a freezer-safe bag for up to 3 months.





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## Cook Techniques

### **Mashing Bananas**

Mashing bananas is an essential step for banana nut muffins. Use a fork or a potato masher to ensure the bananas are fully mashed and incorporate easily into the batter.

See also [Cheesy Chicken Alfredo Dip Recipe](#)

### **Creaming Butter and Sugar**

Creaming the butter and sugar together helps to incorporate air into the mixture, resulting in a lighter texture. Beat the ingredients until they are light and fluffy.

### **Incorporating Dry Ingredients**

When adding dry ingredients to the wet mixture, do so gradually. This prevents clumping and ensures an even distribution throughout the batter.

### **Folding In Nuts**

Gently fold in the nuts at the end of mixing to avoid overworking the batter. This technique keeps the muffins tender and incorporates the nuts without breaking them down.

### **Baking Time and Temperature**

Bake the muffins at the specified temperature and check for doneness a few minutes before the suggested baking time is complete. Use a toothpick to test if they are cooked through.

## FAQ

### **Can I use frozen bananas for this recipe?**

Yes, frozen bananas can be used, but make sure to thaw and drain any excess moisture before mashing.

### **Can I substitute nuts with chocolate chips?**

Absolutely! You can replace the nuts with chocolate chips or even a combination of both for a different flavor.

### **How do I store leftover muffins?**

Store leftover muffins in an airtight container at room temperature for up to three days. For longer storage, consider freezing them.

### **Can I make mini muffins from this recipe?**

Yes, you can use a mini muffin tin. Just reduce the baking time accordingly and check for doneness regularly.

### **What can I do if my muffins are too dense?**

If your muffins are too dense, ensure you are not over-mixing the batter and that your baking powder is fresh for optimal rise.

See also [Bresaola Salad](#)





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## Conclusion

The Banana Nut Muffins from this recipe are a delightful treat that balances sweetness and heartiness, making them perfect for breakfast or a snack. Their moist texture and rich flavor are sure to please anyone who tries them. Plus, they are easy to prepare and can be made ahead of time for busy days. Enjoying these muffins fresh out of the oven or later in the day will undoubtedly bring joy to your palate.

## More recipes suggestions and combination

### **Chocolate Chip Banana Muffins**

Add chocolate chips to your banana nut muffins for a rich and indulgent twist. The combination of bananas and chocolate creates a deliciously sweet experience.

### **Cinnamon Swirl Muffins**

Incorporate a cinnamon swirl into the batter for a warm, spiced flavor that complements the bananas perfectly. This addition enhances the muffin's aroma and adds a new dimension of taste.

### **Pecan and Maple Muffins**

Swap walnuts for pecans and add a touch of maple syrup to the mix. This combination brings a nutty crunch and a sweet, earthy flavor, making the muffins even more delightful.

### **Blueberry Banana Muffins**

Combine ripe bananas with fresh or frozen blueberries for a burst of fruity goodness. The blueberries add a pop of color and an extra layer of

flavor that pairs wonderfully with bananas.

### **Oatmeal Banana Muffins**

Mix in some rolled oats for added texture and health benefits. Oatmeal brings heartiness to the muffins and makes them even more filling, perfect for a nutritious breakfast option.



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