

Banana Nut Muffins

Poetry & Pies

prep time: 5-10 minutes

bake time: 20-25 minutes

total time: 35 minutes

servings: 8-10 muffins*



Ingredients

- $\frac{3}{4}$ cups (102g) all-purpose flour, spooned and leveled
- $\frac{3}{4}$ teaspoons (3g) baking powder
- $\frac{1}{4}$ teaspoon (2g) salt
- 1 teaspoon (3g) ground cinnamon (optional)
- $\frac{1}{2}$ cup (about 150g) mashed banana (1 large or 2ish medium very ripe bananas)
- $\frac{1}{2}$ tablespoon (6g) pure vanilla extract
- 1 large egg, room temperature
- 2 tablespoons (28g) avocado or vegetable oil
- 2 tablespoons (28g) melted butter
- $\frac{1}{4}$ cup (50g) granulated sugar
- $\frac{1}{4}$ cup (50g) packed brown sugar (light or dark will work)
- $\frac{1}{2}$ cup (60g) chopped walnuts (raw or toasted)

Instructions

1. Preheat your oven to 350F/175C. Prepare a [muffin/cupcake](#) pan by spraying with baking spray (or lightly greasing with butter and sprinkling with flour). Alternatively, you can line it with [muffin liners](#), but this will make about 10 slightly smaller muffins.
2. Melt the butter and set aside. Don't let it cool enough to solidify, but do let it cool somewhat before using. This is also a great time to chop your walnuts (and toast them, if desired—at 350F/175C for 5-10 minutes). Don't wait until mixing to chop them, as the batter shouldn't sit for that long.
3. Using a [large fine mesh sieve](#), sift then whisk together the flour, baking powder, salt, and cinnamon. Set aside.

4. Mash the bananas (I used a [potato masher](#)) and measure out one cup. In a large bowl, whisk the banana together with the vanilla, eggs, and oil until well combined. Slowly stream in the melted butter while whisking quickly (this prevents scrambling the eggs).
5. Add the sugar and brown sugar to the wet ingredients and whisk for about 1 minute. You can whisk it by hand or, if using a stand or hand mixer, mix on medium.
6. Fold in the flour mixture gently until mostly combined, with some visibly dry flour in spots. Fold in the chopped walnuts until well-distributed. This step will cause the rest of the flour to mix in, but it should still have some lumps in it.
7. Divide between your prepared muffin liners/pan. Top with some more chopped nuts.
8. Bake for 20-25 minutes, until golden on top and a toothpick inserted in a middle muffin comes out with some moist crumbs. Check early so it doesn't over bake. If it starts to brown too quickly, tent the pan loosely with foil. Let muffins cool in pan 5-10 minutes. Remove and let either serve immediately or let cool completely before storing in an airtight container.

Enjoy with your morning coffee!

Store leftovers in an airtight container.

***To make 16 muffins:**

- 1 ½ cups (204g) all-purpose flour, spooned and leveled
- 1 ½ teaspoons (6g) baking powder
- ½ teaspoon (3g) salt
- 1 teaspoon (3g) ground cinnamon (optional)
- 1 cup (about 300g) mashed banana (2 large or 3 medium very ripe bananas)
- 1 tablespoon (13g) pure vanilla extract
- 2 large eggs, room temperature
- 4 tablespoons (56g) avocado or vegetable oil
- 4 tablespoons (56g) melted butter
- ½ cup (100g) granulated sugar
- ½ cup (100g) packed brown sugar (light or dark will work)
- 1 cup (120g) chopped walnuts (fresh or toasted)

***To make 24 muffins:**

- 2 ¼ cups (306g) all-purpose flour, spooned then leveled

- 2 ¼ teaspoons (9g) baking powder
- ¾ teaspoon (4g) salt
- 1 ½ tablespoons (12g) ground cinnamon
- 1 ½ cup (about 450g) mashed ripe bananas (3 large or 4 medium)
- 1 ½ tablespoons (19g) pure vanilla extract
- 3 large eggs, room temperature
- 6 tablespoons (84g) avocado or vegetable oil
- 6 tablespoons (84g) melted butter
- ¾ cup (150g) granulated sugar
- ¾ cup (150g) brown sugar
- 1 1/2 cups (180g) chopped walnuts