



Long Livo

Easy Banana Bread Muffins Recipe

15 min
Prep time

8
Servings

20 min
Cook time

Easy
Difficulty

35 min
Total time
American
Cuisine

Ingredients

Dry Ingredients

- ☐ 1 ½ cups all-purpose flour
- ☐ 1 tsp baking powder
- ☐ ½ tsp baking soda
- ☐ ¼ tsp salt
- ☐ ¼ tsp ground cinnamon

Wet Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ ½ cup honey
- ☐ ¼ cup melted butter
- ☐ ¼ cup Greek yogurt
- ☐ 1 tsp vanilla extract
- ☐ Zest of ½ lemon

Instructions

- 1 Pre-heat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
- 2 In a large bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.
- 3 In another bowl, combine mashed bananas, honey, melted butter, Greek yogurt, vanilla, and lemon zest until smooth.
- 4 Pour the wet mixture into the dry ingredients and stir gently; a few streaks of flour are okay.
- 5 Spoon the batter into the prepared tin, filling each cup about three-quarters full.
- 6 Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.
- 7 Allow muffins to cool in the tin for 5 minutes, then transfer to a wire rack. If you like, brush the tops with a little melted butter for extra shine.

Nutrition per serving

210 kcal
Calories

3 g
Protein

32 g
Carbs

7 g
Fat

Tips & notes

- If the batter seems too thick, add a splash of milk or extra yogurt.
- For extra banana flavor, sprinkle thin banana slices on top before baking.
- These muffins freeze well; reheat in the microwave for 20 seconds.