



Long Livo

the-coziest-banana-nut-muffins

15 min

Prep time

12

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Dry Ingredients

- ☐ 2 cups all-purpose flour
- ☐ 1 tsp baking soda
- ☐ ½ tsp salt
- ☐ ¼ cup brown sugar

Wet Ingredients

- ☐ 3 ripe bananas, mashed

- ☐ ½ cup melted butter

- ☐ 2 large eggs

- ☐ ¼ cup honey

- ☐ ½ cup buttermilk

Add-Ins

- ☐ ½ cup toasted walnuts, coarsely chopped

Instructions

- 1 Preheat the oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners; I like to set them on a parchment sheet for easy cleanup.
- 2 In a bowl, whisk together flour, baking soda, salt, and brown sugar. Breakfast & Brunch inspiration can start here.
- 3 In another bowl, mash bananas until smooth, then stir in melted butter, eggs, honey, and buttermilk. The mixture should smell sweet and buttery.
- 4 Gently fold the wet mixture into the dry ingredients—just until combined. Over-mixing would make the muffins tough.
- 5 Fold in the toasted walnuts, reserving a pinch to sprinkle on top of each muffin for extra crunch.
- 6 Divide the batter evenly among the liners, filling each about three-quarters full. recipe collection often suggests the same ratio.
- 7 Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. If you love a golden top, let them brown an extra minute.
- 8 Remove from oven, let cool in the tin for 2 minutes, then transfer to a wire rack. Serve warm, perhaps with a drizzle of honey.

Nutrition per serving

210 kcal

Calories

4 g

Protein

30 g

Carbs

9 g

Fat

Tips & notes

- If you prefer extra sweetness, add an additional tablespoon of brown sugar.
- For a dairy-free version, replace butter with coconut oil and buttermilk with almond milk plus lemon.
- Frozen bananas work well; just thaw them before mashing.