

Treasure Barrel

Easy Banana Muffins: Simple Homemade Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Muffins

- [ ] 1 ½ cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1 teaspoon baking powder
- [ ] ½ teaspoon salt
- [ ] 3 large, very ripe bananas, mashed
- [ ] ¾ cup light brown sugar, packed
- [ ] 1 large egg, lightly beaten
- [ ] 1/3 cup unsalted butter, melted
- [ ] 1 teaspoon vanilla extract

Optional Toppings

- [ ] Coarse turbinado sugar for sprinkling
- [ ] ½ cup chopped walnuts or pecans
- [ ] ½ cup semi-sweet chocolate chips

Instructions

1. First things first, let's get the oven ready. Go ahead and preheat it to 375°F (190°C). There’s something so calming about that first click of the oven knob, isn't there? It’s the official start of the baking ritual. While it’s warming up, prepare a 12-cup muffin tin by lining it with paper liners or giving it a light grease with butter or non-stick spray. I love using simple, brown parchment liners; they have such an honest, rustic look that I find so charming.

2. Now for the heart of the recipe. In a large mixing bowl, find those beautifully freckled, overripe bananas and mash them up. You can use a fork or a potato masher for this. Don't worry about getting it perfectly smooth; a few little lumps are lovely and add to the texture. Once they’re mashed, whisk in the melted butter, the packed brown sugar, the egg, and the vanilla extract. Mix it all together until it's just combined. The color will deepen into this gorgeous caramel-y shade, and the smell… wow, it’s already starting to smell amazing.

3. Okay, let's handle the dry ingredients. In a separate, medium-sized bowl, gently whisk together the all-purpose flour, baking soda, baking powder, and salt. Whisking them together first helps ensure everything is evenly distributed, so you don't get a little pocket of baking soda in one muffin. Oops, we've all been there! This simple step makes all the difference in achieving that perfect, even rise and a consistent, tender texture in every single muffin.

4. Time to bring it all together. Gently pour the dry ingredients into the wet ingredients. Using a spatula, fold them together just until you no longer see streaks of flour. Please, be careful not to overmix! Overmixing develops the gluten in the flour and can make the muffins tough, and we are aiming for soft and tender. A few little lumps in the batter are perfectly fine, I promise. This gentle touch is the secret to a delicate crumb and a perfectly light muffin.

5. Now, carefully divide the batter evenly among the 12 prepared muffin cups. I like to use an ice cream scoop for this; it feels so tidy and ensures all the muffins are roughly the same size, so they bake evenly. They should be about two-thirds full. If you like, this is the moment to sprinkle a little coarse sugar or a few chopped walnuts on top for a bit of sparkle and crunch. It's a small detail that makes them feel extra special and look like they came from a little neighborhood bakery.

6. Slide the muffin tin into your preheated oven and bake for 18 to 22 minutes. The whole kitchen will fill with the most incredible, sweet aroma. You'll know they're done when they are beautifully golden brown on top and a wooden skewer or toothpick inserted into the center of a muffin comes out clean. Let them cool in the tin for just a few minutes before moving them to a wire rack to cool completely. That first warm bite is pure bliss, but they are just as lovely once they've cooled down.

Nutrition per serving

195 kcal	3 g	31 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- The ripeness of your bananas is key. Seriously, wait until they are covered in brown spots for the best flavor and moisture. This is not the time for pristine yellow bananas!
- Be gentle when you mix. The number one rule for tender muffins is to not overwork the batter. Mix just until the flour disappears, and embrace a lumpy batter.
- These muffins are a great base for additions. Feel free to fold in up to 1 cup of extras like chocolate chips, chopped nuts, or even shredded coconut at the very end.