

Treasure Barrel

Moist Banana Bread Muffins – Easy Breakfast Treat

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

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup melted butter
- [ ] 1 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 teaspoon vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1 teaspoon ground cinnamon
- [ ] 1/4 teaspoon ground nutmeg
- [ ] Zest of 1 lemon
- [ ] Optional: 1/2 cup chopped walnuts or chocolate chips

Instructions

1. Preheat the oven to 175°C (350°F) and line a 12-cup muffin tin with paper liners.
2. In a large bowl, mash the bananas with a fork until smooth, then whisk in melted butter, brown sugar, eggs, and vanilla.
3. In a separate bowl, sift together flour, baking soda, salt, cinnamon, nutmeg, and lemon zest.
4. Gently fold the dry ingredients into the wet mixture; stir just until combined. If using, fold in walnuts or chocolate chips.
5. Spoon the batter into the prepared tins, filling each about three-quarters full. Sprinkle a pinch of cinnamon on top if desired.
6. Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean. Let cool in the pan for 5 minutes before transferring to a wire rack.

Nutrition per serving

210 kcal	3 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the tops brown too quickly, tent with foil halfway through baking.
- For extra moisture, add a tablespoon of plain yogurt to the batter.
- These muffins freeze well; reheat gently in a toaster oven.