



Quick & Easy Banana Muffins



Author: Sally **Prep Time:** 10 minutes **Cook Time:** 20 minutes **Total Time:** 30 minutes

Yield: 10-12 muffins

These banana muffins are soft, buttery, and spiced with cinnamon. They're wonderful plain, but taste fantastic with 1 cup chopped walnuts or chocolate chips. You need 3 ripe bananas and a handful of basic kitchen ingredients.

Ingredients

- 1 and 1/2 cups (188g) **all-purpose flour** (spooned & leveled)
- 1 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 teaspoon **ground cinnamon**
- 1/4 teaspoon **ground nutmeg**
- 1 and 1/2 cups (345g) **mashed bananas** (about 4 medium or 3 large ripe bananas)
- 6 Tablespoons (85g) **unsalted butter**, melted (or melted coconut oil)
- 2/3 cup (135g) packed light or dark **brown sugar** (or coconut sugar)*
- 1 large **egg**, at room temperature
- 1 teaspoon **pure vanilla extract**
- 2 Tablespoons (30ml) **milk***
- optional:** 1 cup chopped walnuts, pecans, or chocolate chips

Instructions

- 1 Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or use cupcake liners.
- 2 Whisk the flour, baking powder, baking soda, salt, cinnamon, and nutmeg together in a medium bowl. Set aside. In a large bowl or in the bowl of your stand mixer, mash the bananas. On medium speed, beat or whisk in the melted butter, brown sugar, egg, vanilla extract, and milk. Pour the dry ingredients into the wet ingredients, then beat or whisk until combined. If adding nuts or chocolate chips, fold them in now. Batter will be thick.
- 3 Spoon the batter into liners, filling them all the way to the top. Bake for 5 minutes at 425°F, then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 16–18 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 21–23 minutes, give or take. (For mini muffins, bake 12–14 total minutes at 350°F (177°C).) Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire cooling rack to continue cooling.
- 4 Muffins stay fresh covered at room temperature for a few days or in the refrigerator for up to 1 week.

Notes

- 1 **Make Ahead Instructions:** For longer storage, freeze muffins for up to 3 months. Thaw overnight in the refrigerator, then bring to room temperature or warm up in the microwave if desired.

- 2 **Special Tools** (affiliate links): [12-count Muffin Pan](#) | [Muffin Liners](#) | [Electric Mixer \(Handheld or Stand\)](#) | [Glass Mixing Bowls](#) | [Whisk](#) | [Cooling Rack](#)
- 3 **Why the initial high temperature?** The hot burst of air will spring up the top of the muffin quickly, then the inside of the muffin can bake for the remainder of the time. This helps the muffins rise nice and tall.
- 4 **Whole Wheat Flour:** Feel free to substitute whole wheat flour for all-purpose flour or use a mix of both as long as you use 1 and 1/2 cups total. If using all whole wheat flour, add another Tablespoon (15ml) of milk.
- 5 **Frozen Bananas:** You can use frozen bananas here. Thaw the frozen bananas. Drain off any excess liquid, mash, then use as instructed in the recipe. See [How to Freeze & Thaw Bananas for Baking](#).
- 6 **Sugar:** You can use 2/3 cup of packed brown sugar or coconut sugar. Or a mixture of these to yield 2/3 cup. If using 2/3 cup coconut sugar, the muffins won't be as sweet. I find they taste best with 2/3 cup brown sugar or 1/3 cup of each. 2/3 cup of honey or pure maple syrup works too, though the muffins will taste a little more moist in the centers. I'm unsure about sugar substitutes, but let me know if you try any.
- 7 **Milk:** Use your favorite variety of dairy or nondairy milk.
- 8 **Banana Bread:** Here's my favorite [banana bread recipe](#). 😊

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