

Banana Muffins

These banana muffins are moist and delicious. This is an easy recipe for kids to help make and perfect for using up ripe bananas. They're wonderful as-is or with walnuts or chocolate chips.

Submitted by **ABI_GODFREY** |

Prep Time: 10 mins

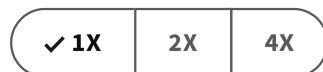
Cook Time: 25 mins

Total Time: 35 mins

Servings: 12

Yield: 12 muffins

Ingredients



Original recipe (1X) yields 12 servings

1 ½ cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

3 large ripe bananas, mashed

¾ cup white sugar

1 large egg

⅓ cup butter, melted

Directions

Step 1

Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin or line cups with paper liners.

Step 2

Sift flour, baking powder, baking soda, and salt together in a bowl; set aside.

Step 3

Mix bananas, sugar, egg, and melted butter in a separate large bowl until well combined; fold in flour mixture until smooth.

Step 4

Spoon batter into the prepared muffin cups, filling each 2/3 full.

Step 5

Bake in the preheated oven until tops spring back when lightly pressed, about 25 to 30 minutes.

Step 6

Cool briefly in the tin, then transfer to a wire rack to cool completely.

Nutrition Facts

Per serving: 186 calories; total fat 6g; saturated fat 3g; cholesterol 29mg; sodium 280mg; total carbohydrate 32g; dietary fiber 1g; total sugars 17g; protein 3g; vitamin c 3mg; calcium 31mg; iron 1mg; potassium 146mg