

# BANANA MUFFINS

FROM CHEF AMELIA'S KITCHEN

## A NOTE FROM CHEF AMELIA:

This is a quick recipe to throw together in the morning while your coffee is brewing. The recipe makes a dozen standard muffins, but good luck not eating them all at once! These are so good that I've made them twice this week. Slice them open and top with salted butter for best eating!

## INGREDIENTS:

- 1 and 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 large ripe bananas
- 6 Tablespoons unsalted butter
- 2/3 cup dark brown sugar
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- 3/4 cup milk
- optional: 1 cup chopped walnuts, pecans, or chocolate chips



## INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Melt your butter, then mix with the bananas, sugar, egg, vanilla and milk. I like to use a whisk to mash the bananas up.
3. Next, add your flour, baking soda, baking powder, cinnamon, nutmeg and salt.
4. Mix to combine.
5. Add your mix-ins, if doing so.
6. Fill greased muffin pan or cupcake liners. I have a taller cupcake liner, so I used approximately half a cup of batter in each but use your pan or liner to guide you. The batter should come up 1/2 - 3/4 of the way to provide room for the rising muffins.
7. Bake for 25-30 minutes, using a toothpick inserted into the middle to test for doneness.