

# BANANA HONEY-WALNUT MUFFINS



This ultimate banana muffins recipe is my go-to for using up overripe bananas. Mix the batter until just combined, and do not overbake for super moist muffins.

**Serves 6**  
**Prep time: 15 min**

**Cook time: 20 min**  
**Total time: 35 min**

## INGREDIENTS

- 3/4 cup chopped walnuts
- 1/3 cup plus 1 tablespoon honey, divided
- 1/2 teaspoon cinnamon
- 1-1/2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 stick unsalted butter, at room temperature
- 2/3 cup sugar
- 2 large eggs
- 1/2 cup mashed banana, from 1 large overripe banana
- 1 teaspoon vanilla extract
- 1/3 cup whole or low fat milk

## DIRECTIONS

1. Preheat the oven to 350°. Line with paper liners.
2. In a small bowl, toss the nuts with 1 tablespoon of the honey and cinnamon until the nuts are evenly coated (it will be very sticky). Set aside.
3. In a medium bowl, whisk together the flour, baking powder and salt. Set aside.
4. In a large bowl, using an electric mixer, beat the butter with the sugar and the remaining 1/3 cup of honey until fluffy, 2-3 minutes. Scrape down the sides of the bowl with a rubber spatula if necessary. At medium speed, add the eggs one at a time and beat until fully incorporated between additions. Beat in the banana and vanilla until blended. At low speed, beat in the dry ingredients in 2 batches, alternating with the milk.
5. Spoon the batter into the prepared muffin tin and sprinkle with the nut topping. Bake the muffins until the tops are golden and a toothpick inserted in the center comes out clean, about 30 minutes. Let the muffins cool in the pan for 10 minutes, then turn them out onto a rack and let cool for at least 15 minutes before serving.