

Banana muffin



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Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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About this recipe

Serving size

1 muffin

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1½ cups whole-wheat flour
- ½ cup sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp ground nutmeg
- ¼ tsp salt
- 2 eggs, slightly beaten
- ¼ cup milk
- ¼ cup vegetable oil
- ½ tsp vanilla extract
- ¾ cup bananas, mashed

Directions

1. Grease 2 muffin pans or use muffin liners. Preheat oven to 350 F.
2. Place flour, sugar, baking powder, baking soda, nutmeg, and salt in a bowl. Mix with a fork and set aside.
3. Combine eggs, milk, oil, and vanilla in a small bowl. Stir well.
4. Add bananas and egg mixture to dry ingredients. Mix well but do not overmix.
5. Scoop into muffin pans
6. Bake 15-20 minutes. Allow muffins to cool for the best taste.

Tips and variations

Banana Muffins - 1 muffin = 1 serving

USDA Recipe for Child Care Centers

Nutritional info

Calories

142

Total fat

4g

Saturated fat

1g

Cholesterol

15mg

Sodium

135mg

Total carbohydrates

25g

Dietary fiber

2g

Protein

3g

Total sugar

12g

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