

Banana bread muffins

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Ingredients

for 12 muffins

- 3 ripe bananas
- 2 eggs
- ½ cup full-fat greek yogurt (140 g)
- ⅓ cup honey (115 g)
- 1 teaspoon vanilla extract
- 1 ½ cups whole wheat flour (170 g)
- 1 teaspoon baking soda

TOPPINGS

strawberry, diced

1 cup dark chocolate chip (175 g)

blueberry

walnuts, chopped

Preparation

- 1** Preheat oven to 350°F (180°C).
- 2** In a large bowl, mash the bananas into a fine paste using a fork.
- 3** Add the eggs and whisk together until well incorporated.
- 4** Add in the Greek yogurt, honey, and vanilla extract, then mix.
- 5** Pour the flour over the wet mixture then sprinkle in the baking soda.
- 6** Using a spatula, fold the wet and dry ingredients together until the dry bits of the flour have disappeared.
- 7** Using a medium ice cream scoop, portion the batter evenly into a greased muffin tin.
- 8** Top the muffins with your choice of toppings.
- 9** Bake for 20 minutes, until the muffins have risen and set.
- 10** Unmold from the tray and serve.
- 11** Enjoy!