



The Best Banana Muffins

Ingredients

- 1/3 cup melted coconut oil
- 1/2 cup maple syrup
- 2 eggs, preferably at room temperature
- 1 cup packed mashed ripe bananas (I use defrosted frozen)
- 1/4 cup milk of choice or water (both work equally well)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon, plus more for sprinkling on top
- 1 3/4 cup total of any of the following: white whole wheat flour, regular whole wheat flour or whole wheat pastry flour
- 1/3 cup rolled oats, optional (plus more for sprinkling)
- 1 teaspoon raw or turbinado sugar (optional; for sprinkling)

Instructions

- Preheat the oven to 325 degrees Fahrenheit. Grease all 12 cups of your muffin tin with butter or non-stick cooking spray or line with liners.
- In a large bowl, beat the coconut oil and maple syrup together with a whisk. Add the eggs and beat well. Mix in the mashed bananas and milk or water, followed by the baking soda, vanilla extract, salt and cinnamon.
- Add the flour and oats to the bowl and mix with a large spoon, just until combined.
- Divide the batter evenly between the muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon in total), followed by a light sprinkling of sugar (about 1 teaspoon in total). Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
- Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed).

ADAPTED FROM: COOKIE AND KATE

YIELD: 12 MUFFINS