



Banana Bran Muffins

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

35 mins

Description

This banana bran muffin recipe is a good way to use overripe bananas. Banana nut muffins are a classic. This is a family favorite.

Ingredients

- - ½ cup butter
- softened - ½ cup brown sugar - 3 bananas
- mashed - 2 large eggs - ¼ cup milk - 1 teaspoon vanilla extract - 1 ½ cups all-purpose flour - ½ cup wheat bran - 1 teaspoon baking powder - 1 teaspoon baking soda - ¼ teaspoon salt - ½ cup chopped walnuts

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Grease a muffin pan or line with paper liners. Cream together butter and brown sugar in a large bowl with an electric mixer on medium speed until fluffy. Add mashed bananas
2. eggs
3. milk
4. and vanilla; mix well. Stir in flour
5. bran
6. baking powder
7. baking soda
8. and salt; blend just until moistened. Stir in walnuts. Pour batter into the prepared muffin cups. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean
9. 20 to 25 minutes. Cool muffins in the pan for 5 minutes
10. then transfer to a wire rack to cool completely.