



Classic Banana Muffins

These irresistibly moist banana muffins feature perfectly ripe bananas blended into a tender crumb that's topped with a subtle streusel crust. With hints of vanilla and cinnamon, each bite delivers natural sweetness and comforting warmth. Whether enjoyed for breakfast or as an afternoon snack, these bakery-style muffins will have everyone reaching for seconds.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 minutes	22 minutes	37 minutes	12 muffins

INGREDIENTS

2 cups all-purpose flour	3 medium ripe bananas
3/4 cup granulated sugar	1/3 cup butter
2 large eggs	1.5 teaspoons vanilla extract
1 teaspoon baking soda	1/2 teaspoon salt
1/2 teaspoon ground cinnamon	1/4 teaspoon nutmeg
1/2 cup sour cream or Greek yogurt	3 tablespoons brown sugar

INSTRUCTIONS

- 1

Preheat your oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners or lightly grease each cup with cooking spray. This prevents sticking and ensures even browning. Set the prepared tin aside while you gather your remaining ingredients.

- 2 In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg. Mix thoroughly to distribute the leavening agents and spices evenly throughout the flour. This ensures your muffins rise uniformly and have consistent flavor in every bite.
- 3 In a large bowl, mash the ripe bananas with a fork until mostly smooth with some small chunks remaining for texture. Add the melted butter, sugar, eggs, vanilla extract, and sour cream to the mashed bananas. Whisk everything together until well combined and smooth, about 1 minute.
- 4 Pour the wet ingredients into the bowl with dry ingredients, and gently fold everything together using a spatula or wooden spoon. Stir until just combined—do not overmix, as this can lead to tough, dense muffins. A few small flour streaks are perfectly fine and actually desirable.
- 5 Divide the batter evenly among the prepared muffin cups, filling each about three-quarters full. Use an ice cream scoop or spoon for consistent portions. Wipe the rim of the muffin tin with a damp towel to prevent any batter drips from creating a messy appearance.
- 6 In a small bowl, combine the brown sugar with a pinch of cinnamon if desired. Sprinkle this mixture generously over each muffin, about one teaspoon per muffin. The streusel creates a delightful crunch and adds visual appeal to your finished muffins.
- 7 Place the muffin tin in the preheated oven and bake for 20-22 minutes, until a toothpick inserted into the center of a muffin comes out clean or with just a few moist crumbs. The tops should be golden brown and feel set when lightly touched. Watch for this visual cue as ovens vary in temperature.
- 8 Remove the muffin tin from the oven and let cool for 5 minutes before transferring the muffins to a wire cooling rack. Allow them to cool completely, about 20 minutes, before serving. This cooling time allows the structure to set properly and makes them easier to handle.



Chef's Notes

The secret to extraordinary banana muffins is using genuinely overripe bananas with brown spotting, as they contain more natural sugars and break down more easily for a moist crumb. I always add sour cream or Greek yogurt to the batter, which adds tanginess that balances the sweetness and contributes to incredible moisture retention. Room temperature eggs and melted butter combine more smoothly with the wet ingredients, creating a homogeneous batter without overmixing. Finally, slightly underbaking by 30 seconds keeps muffins tender rather than cake-like—a toothpick with just a few moist crumbs is your perfect endpoint.

NUTRITION PER SERVING

Calories: **245 kcal** Protein: **4 g** Carbs: **42 g** Fat: **8 g**

