

Choco Fever Dream

Easy Banana Bread Muffins Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 ½ cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] ¼ tsp ground cinnamon

Wet Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] ½ cup honey
- [ ] ¼ cup melted butter
- [ ] ¼ cup Greek yogurt
- [ ] 1 tsp vanilla extract
- [ ] Zest of ½ lemon

Instructions

1. Pre-heat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.
3. In another bowl, combine mashed bananas, honey, melted butter, Greek yogurt, vanilla, and lemon zest until smooth.
4. Pour the wet mixture into the dry ingredients and stir gently; a few streaks of flour are okay.
5. Spoon the batter into the prepared tin, filling each cup about three-quarters full.
6. Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.
7. Allow muffins to cool in the tin for 5 minutes, then transfer to a wire rack. If you like, brush the tops with a little melted butter for extra shine.

Nutrition per serving

210 kcal	3 g	32 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too thick, add a splash of milk or extra yogurt.
- For extra banana flavor, sprinkle thin banana slices on top before baking.
- These muffins freeze well; reheat in the microwave for 20 seconds.