

Choco Fever Dream

the-coziest-banana-nut-muffins

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

Ingredients

Dry Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] ½ tsp salt
- [ ] ¼ cup brown sugar

Wet Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] ½ cup melted butter
- [ ] 2 large eggs
- [ ] ¼ cup honey
- [ ] ½ cup buttermilk

Add-Ins

- [ ] ½ cup toasted walnuts, coarsely chopped

Instructions

1. Preheat the oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners; I like to set them on a parchment sheet for easy cleanup.
2. In a bowl, whisk together flour, baking soda, salt, and brown sugar. Breakfast & Brunch inspiration can start here.
3. In another bowl, mash bananas until smooth, then stir in melted butter, eggs, honey, and buttermilk. The mixture should smell sweet and buttery.
4. Gently fold the wet mixture into the dry ingredients—just until combined. Over-mixing would make the muffins tough.
5. Fold in the toasted walnuts, reserving a pinch to sprinkle on top of each muffin for extra crunch.
6. Divide the batter evenly among the liners, filling each about three-quarters full. recipe collection often suggests the same ratio.
7. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. If you love a golden top, let them brown an extra minute.
8. Remove from oven, let cool in the tin for 2 minutes, then transfer to a wire rack. Serve warm, perhaps with a drizzle of honey.

Nutrition per serving

210 kcal	4 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra sweetness, add an additional tablespoon of brown sugar.
- For a dairy-free version, replace butter with coconut oil and buttermilk with almond milk plus lemon.
- Frozen bananas work well; just thaw them before mashing.