

## Banana Walnut Muffins - Moist, Sweet, and Perfectly Nutty

Banana Walnut Muffins ???



**OVEN**  
**350°F**

**TIME**  
**3 min**

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### INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon (optional)
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, packed
- 1/2 cup unsalted butter, softened
- 2 large eggs
- 3 ripe bananas, mashed
- 1 tsp vanilla extract
- 1/2 cup chopped walnuts (or pecans)
- 1/2 cup sour cream or Greek yogurt (optional)

#### Instructions:

- 1 Prep the Oven:
- 2 Mix the Dry Ingredients:
- 3 Cream the Butter and Sugars:
- 4 Add Eggs and Bananas:
- 5 Combine and Fold:
- 6 Fill and Bake:
- 7 Cool and Enjoy:

#### Tips for Muffin Perfection:

#### Serving Suggestions:

- A hot cup of coffee or chai
- A spread of butter or cream cheese

Fresh fruit or yogurt for a balanced breakfast

Alongside easy pumpkin spice muffins for a seasonal muffin tray

Storage & Freezing:

Room Temp: Store in an airtight container for up to 3 days.

Fridge: Keeps well for up to 5 days.

Freezer: Freeze individually wrapped muffins for up to 2 months. Thaw at room temp or microwave for 20-30 seconds to enjoy warm.

More Baked Goodies You'll Love:

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[These 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver](#)

[These Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat](#)

## DIRECTIONS

1. **Prep the Oven:** Preheat to 350°F (175°C). Line a 12-cup muffin tin with paper liners or lightly grease.
2. **Mix the Dry Ingredients:** In a medium bowl, whisk together flour, baking soda, baking powder, salt, and cinnamon. Set aside.
3. **Cream the Butter and Sugars:** In a large mixing bowl, beat together butter, granulated sugar, and brown sugar until light and fluffy, about 2-3 minutes.
4. **Add Eggs and Bananas:** Add eggs one at a time, beating well after each. Stir in the mashed bananas and vanilla extract until fully combined.
5. **Combine and Fold:** Gradually fold the dry ingredients into the wet mixture. If using, mix in sour cream or Greek yogurt at this stage for added moisture. Fold in the chopped walnuts, being careful not to overmix.
6. **Fill and Bake:** Divide the batter evenly among the muffin cups (about  $\frac{3}{4}$  full). Bake for 18-22 minutes, or until a toothpick inserted in the center comes out clean.
7. **Cool and Enjoy:** Let muffins cool in the tin for 5 minutes before transferring to a wire rack. Serve warm or at room temp.
8. **Tips for Muffin Perfection:** ? Use overripe bananas-the riper, the sweeter and more flavorful.? Don't overmix the batter-mix just until everything is combined to keep the muffins tender.? Toast your walnuts for an even richer, nuttier flavor.? Add-ins welcome: chocolate chips, chopped dates, or a swirl of peanut butter.

9. Serving Suggestions: These muffins are perfect with:
10. A hot cup of coffee or chai
11. A spread of butter or cream cheese
12. Fresh fruit or yogurt for a balanced breakfast
13. Alongside easy pumpkin spice muffins for a seasonal muffin tray
14. Storage & Freezing: Room Temp: Store in an airtight container for up to 3 days.
15. Fridge: Keeps well for up to 5 days.
16. Freezer: Freeze individually wrapped muffins for up to 2 months. Thaw at room temp or microwave for 20-30 seconds to enjoy warm.
17. More Baked Goodies You'll Love: If cozy, comforting baking is your jam, try these:
18. This : Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas
19. These 3-: Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver
20. These : Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat
21. These : Rainbow Sprinkle Cookies Are My Favorite Way to Bake Up Instant Joy
22. These : Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime
23. Final Thoughts: These Banana Walnut Muffins are soft, sweet, and subtly spiced-exactly what you want from a classic muffin. They're easy to make, endlessly adaptable, and freezer-friendly, making them a true go-to recipe for your baking lineup.
24. Tried them? Let me know how yours turned out, and tag your muffin masterpieces-we love to see them!  
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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/banana-walnut-muffins-moist-sweet-and-perfectly-nutty/>