

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

There's nothing quite like the comforting aroma of freshly baked



**OVEN**  
**350°F**

**TIME**  
**3 min**

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### INGREDIENTS

- 1½ cups all-purpose flour
- ½ tsp baking soda
- ... tsp baking powder
- ... tsp salt
- ½ tsp ground cinnamon (optional)
- ½ cup granulated sugar
- ... cup brown sugar, packed
- ½ cup unsalted butter, softened
- 2 large eggs
- 3 ripe bananas, mashed
- 1 tsp vanilla extract
- ½ cup chopped walnuts (or pecans)
- ½ cup sour cream or Greek yogurt (optional, for extra moisture)

### DIRECTIONS

1. Preheat Oven: Set your oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease it.
2. Mix Dry Ingredients: In a medium bowl, whisk together:
3. Flour
4. Baking soda
5. Baking powder
6. Salt
7. Cinnamon (if using)
8. Set aside.
9. Cream Butter and Sugars: In a large mixing bowl, beat together the softened butter, granulated sugar, and brown sugar until light and fluffy (about 2-3 minutes).
10. Add Eggs and Bananas: Beat in the eggs, one at a time, until fully incorporated. Stir in the mashed bananas and vanilla extract until smooth.
11. Combine Mixtures: Gradually fold the dry ingredients into the wet mixture. Add sour cream or Greek yogurt (if using) and stir just until combined. Do not overmix-a few lumps are okay.
12. Fold in Walnuts: Gently stir in the chopped walnuts with a spatula.
13. Fill and Bake: Spoon batter into the prepared muffin cups, filling each about ¾ full. Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean.
14. Cool: Let the muffins cool in the pan for 5 minutes before transferring to a wire rack to cool completely.

## TIPS FOR SUCCESS

Room temperature butter is key to creaming properly with sugar.

Don't overmix once the flour is added-this keeps the muffins light and fluffy.

Test for doneness with a toothpick: it should come out with a few moist crumbs, not wet batter. ?

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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