

Guilt-Free Peanut Butter Banana Muffins Recipe

Peanut Butter Banana Muffins



OVEN
350°F

TIME
18-20 min

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INGREDIENTS

2 ripe bananas, mashed (the riper, the sweeter!)
¾ cup peanut butter (creamy or crunchy, natural is great)
... cup honey or maple syrup (your preferred natural sweetener)
2 large eggs
1 teaspoon vanilla extract
¼ teaspoon cinnamon
1 teaspoon baking soda
1 ¾ cups oat flour (or blended rolled oats - see notes)
¾ cup milk (dairy or non-dairy, like almond or soy milk)

Swaps and Notes:

Bananas: Ensure your bananas are very ripe, with plenty of brown spots, for maximum sweetness and flavor.

Peanut Butter: Any natural peanut butter works wonderfully here. If you have a nut allergy, sunflower seed butter (like SunButter) is a great alternative, though it might change the color slightly due to a reaction with baking soda.

Sweetener: Honey and maple syrup are excellent natural sweeteners. You could also use agave nectar. Adjust the amount to your sweetness preference.

Oat Flour: If you don't have oat flour, you can easily make your own by blending regular rolled oats (old-fashioned oats) in a high-speed blender or food processor until they reach a flour-like

consistency. Measure afterblending.

Milk: Feel free to use any type of milk you prefer - whole milk, skim milk, almond milk, soy milk, or oat milk will all work.

Add-ins: For extra texture and flavor, consider folding in ¼ cup of chocolate chips (mini or regular), chopped nuts (like walnuts or pecans), or dried cranberries after mixing the batter.

Spices: A pinch of nutmeg or allspice could also be added for a warmer, spiced flavor.

Directions:

Preheat and Prepare Muffin Tin: Start by preheating your oven to 350°F (175°C). Line a standard 12-cup muffin tin with paper liners, or if you prefer, lightly grease the muffin tin cavities to prevent sticking.

Combine Wet Ingredients: In a large mixing bowl, take your ripe, mashed bananas and add the peanut butter, honey (or maple syrup), eggs, and vanilla extract. Use a whisk or a spatula to mix everything together until it's wonderfully smooth and creamy.

Whisk Dry Ingredients: In a separate medium bowl, whisk together the oat flour, cinnamon, and baking soda. Whisking ensures these dry ingredients are evenly distributed.

Combine Wet and Dry: Slowly pour the dry mix into your wet ingredients bowl. Stir gently with a spatula until just combined. It's crucial not to overmix; a few lumps are fine and will result in a more tender muffin.

Add Milk: Pour in the milk and give the batter one final gentle stir until it's smooth and well-incorporated.

Fill Muffin Cups: Spoon the batter evenly into your prepared muffin cups, filling each about two-thirds full. This allows them enough room to rise beautifully without overflowing.

Bake: Pop the muffin tin into the preheated oven and bake for 18-20 minutes. The muffins are done when they are golden brown, spring back when lightly touched, and a toothpick inserted into the center comes out clean. The aroma will certainly let you know when they're ready!

Cool: Once baked, let the muffins cool in the muffin pan for a few minutes. This helps them set up. Then, carefully transfer them to a wire rack to cool completely.

Tips for Success:

Really Ripe Bananas: The riper your bananas, the sweeter and more flavorful your muffins will be. Don't be afraid of bananas with lots of brown spots!

Don't Overmix: This is the golden rule for muffins. Overmixing develops gluten, which can lead to tough, rubbery muffins. Mix just until the

ingredients are combined.

Measure Oat Flour Correctly: If making your own, measure the oats first, then blend them into flour. If measuring pre-made oat flour, spoon it into the measuring cup and level it off.

Parchment Liners: Using parchment paper muffin liners can help prevent sticking, especially with gluten-free batters like this one.

Adjust Sweetness: Taste your mashed banana mixture before adding the dry ingredients. If your bananas aren't super ripe, you might want to add a tiny bit more honey or maple syrup.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

- 1. Preheat and : Prepare Muffin Tin:** Start by preheating your oven to 350°F (175°C). Line a standard 12-cup muffin tin with paper liners, or if you prefer, lightly grease the muffin tin cavities to prevent sticking.
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- 4. Combine : Wet and Dry:** Slowly pour the dry mix into your wet ingredients bowl. Stir gently with a spatula until just combined. It's crucial not to overmix; a few lumps are fine and will result in a more tender muffin.
- 5. Add : Milk:** Pour in the milk and give the batter one final gentle stir until it's smooth and well-incorporated.
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- 8. Cool:** Once baked, let the muffins cool in the muffin pan for a few minutes. This helps them set up. Then,

carefully transfer them to a wire rack to cool completely.

9. Enjoy these delightful muffins as a tasty breakfast or a wholesome snack!
10. Tips for Success: Really Ripe Bananas: The riper your bananas, the sweeter and more flavorful your muffins will be. Don't be afraid of bananas with lots of brown spots!
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13. Parchment : Liners: Using parchment paper muffin liners can help prevent sticking, especially with gluten-free batters like this one.
14. Adjust : Sweetness: Taste your mashed banana mixture before adding the dry ingredients. If your bananas aren't super ripe, you might want to add a tiny bit more honey or maple syrup.
15. Serving Suggestions and Pairings: These Peanut Butter Banana Muffins are perfect on their own, but they're also fantastic with a variety of toppings or accompaniments. Serve them warm with an extra smear of peanut butter, a drizzle of honey, or a dollop of Greek yogurt. They're excellent alongside a cup of coffee or tea, or a glass of cold milk.
16. Looking for other comforting banana-based treats? You'll love my This Chocolate Chip Banana Bread is My Favorite Way to Use Up Overripe Bananas.
17. Storage and Leftover Tips: Store these Peanut Butter Banana Muffins in an airtight container at room temperature for up to 3-4 days. For longer storage, they freeze beautifully! Place cooled muffins in a freezer-safe bag or container and freeze for up to 2-3 months. Thaw at room temperature or warm gently in the microwave or toaster oven.
18. More Recipes You Will Love: If you enjoyed these wholesome muffins, be sure to check out some of these other delightful recipes:
19. For another seasonal muffin favorite, try my : These Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat.
20. If you love quick and easy baked goods, my : These Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime are always a hit.
21. For a super quick breakfast solution, try my : These 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver.
22. And for a classic dessert that feeds a crowd, my This Big Family Banana Pudding is My Favorite Classic Dessert to Feed a Crowd is always a favorite.
23. Final Thoughts: These Healthy Peanut Butter Banana Muffins are a simple yet incredibly rewarding bake. They bring together favorite flavors in a wholesome package, proving that delicious treats can also be good for you. Whether you're making them for a quick

breakfast, a school snack, or just a comforting bite with your coffee, they are sure to become a cherished recipe in your home.

24. Have you tried making healthy muffins before? What are your favorite healthy snack combinations? Share your feedback in the comments below, and don't forget to follow Chef Maniac for more delicious and inspiring recipes!

SWAPS & NOTES

What I truly love about this recipe is how it leverages the natural sweetness of ripe bananas and honey (or maple syrup), reducing the need for refined sugars.

The combination of creamy peanut butter and the subtle warmth of cinnamon creates a deeply comforting flavor profile, while the oat flour provides a wonderfully soft and satisfying texture.

Plus, they come together so easily, making them a perfect baking project even on the busiest of mornings.

They're proof that healthy eating can be incredibly delicious!

TIPS FOR SUCCESS

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

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