

Delicious Banana Zucchini Muffins: The Perfect Sweet and Healthy Treat

provide natural sweetness and incredible moisture, while the



OVEN
350°F

TIME
26 min

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INGREDIENTS

2 cups shredded zucchini (about 1 ½ medium zucchini)

2 cups all-purpose flour (256 g)

2 teaspoons ground cinnamon

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon kosher salt

2 ripe bananas, mashed (about 1 cup)

1 cup granulated sugar (200 g)

2 large eggs

1 cup vegetable oil (218 g)

2 teaspoons vanilla extract

Swaps and Notes:

Zucchini: This is key for moisture! Make sure you squeeze out any excess moisture from the shredded zucchini using a clean kitchen towel or paper towels. This prevents your muffins from becoming soggy.

Bananas: The riper your bananas, the sweeter and more flavorful your muffins will be. Look for bananas with plenty of brown spots.

Flour: While all-purpose flour is standard, you could experiment with a blend of all-purpose and whole wheat flour for a slightly heartier muffin.

Oil: Vegetable oil ensures a very moist crumb.

Melted coconut oil or melted unsalted butter can also be used for different flavor notes.

Sweetener: Adjust the amount of sugar based on the sweetness of your bananas and your personal preference. You could also use a mix of granulated and brown sugar.

Spices: Two teaspoons of cinnamon provide a prominent spice flavor. A pinch of nutmeg or allspice could also be added for a warmer profile.

Add-ins: For extra texture and flavor, consider folding in $\frac{1}{2}$ cup of chocolate chips (mini or regular), chopped nuts (like walnuts or pecans), or dried cranberries after combining the wet and dry ingredients.

Directions:

Preheat Oven & Prepare Muffin Tin: Preheat your oven to 350°F (175°C). Line a standard 12-cup muffin tin with paper liners. This makes cleanup incredibly easy and helps prevent sticking.

Prepare Zucchini: Grab a clean kitchen towel and place your shredded zucchini in the center. Give it a good squeeze to remove any excess moisture. This crucial step prevents your muffins from becoming too wet or gummy. Set the squeezed zucchini aside for later.

Mix Dry Ingredients: In a large mixing bowl, whisk together the all-purpose flour, ground cinnamon, baking powder, baking soda, and kosher salt until everything is nicely combined and evenly distributed.

Mix Wet Ingredients: In a separate medium bowl, combine the mashed ripe bananas, granulated sugar, large eggs, vegetable oil, and vanilla extract. Mix everything together with a whisk or spatula until you have a smooth and creamy mixture.

Combine Wet and Dry: Pour the wet banana mixture into the bowl with the dry ingredients. Gently stir until just combined. Remember, the key to tender muffins is not to overmix; a few small lumps in the batter are totally okay and even preferred!

Fold in Zucchini: Carefully fold in the squeezed shredded zucchini into the batter, spreading it throughout to ensure it's evenly distributed.

Fill Muffin Cups: Scoop about $\frac{1}{3}$ cup of batter into each prepared muffin liner, filling them up nicely.

Bake: Pop the muffin tin into the preheated oven. Bake for 22-26 minutes, or until a wooden skewer or toothpick inserted into the center of a muffin comes out with a few moist crumbs clinging to it, but no wet batter. The aroma will be irresistible, letting you know they're almost ready!

Cool: Let the muffins cool in the muffin pan for about 10 minutes before carefully transferring them to a wire rack to cool completely. This helps them firm up and prevents them from sticking.

Tips for Success:

Squeeze That Zucchini! This is the most important tip. Zucchini is full of water, and if you don't remove the excess, your muffins will be dense and soggy.

Use Ripe Bananas: The riper the bananas (with plenty of brown spots), the more natural sweetness and banana flavor your muffins will have.

Do NOT Overmix: Stir the wet and dry ingredients together just until combined. Overmixing develops gluten, which can lead to tough, rubbery muffins.

Measure Accurately: Especially with flour, spoon it into your measuring cup and level it off rather than scooping directly from the bag, which can pack it too tightly.

Cool Completely: While tempting to eat warm, allowing the muffins to cool completely helps their texture set and makes them easier to handle.

DIRECTIONS

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10. **Enjoy these tasty muffins-**your kitchen will smell amazing!
11. **Tips for Success: Squeeze That Zucchini!** This is the most important tip. Zucchini is full of water, and if you don't remove the excess, your muffins will be dense and soggy.
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15. **Cool : Completely:** While tempting to eat warm, allowing the muffins to cool completely helps their texture set and makes them easier to handle.
16. **Serving Suggestions and Pairings:** These Banana Zucchini Muffins are a wonderful treat on their own, perfect for a quick bite or packing in a lunchbox. For an extra touch of deliciousness, consider serving them with:
 17. A pat of butter or a spread of cream cheese.
 18. A drizzle of honey or maple syrup.
 19. A sprinkle of cinnamon sugar on top before baking.
 20. Pair them with a cup of coffee, tea, or a tall glass of cold milk.
21. For other comforting and healthy-ish baked goods, you might also enjoy:
22. **My This :** Chocolate Chip Banana Bread is My Favorite Way to Use Up Overripe Bananas if you love banana-based treats.
23. And for another delightful fall-inspired muffin, check out These Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat.
24. **Storage and Leftover Tips:** These Banana Zucchini Muffins stay wonderfully moist! Store them in an airtight container at room temperature for up to 3-4 days. For longer storage, they freeze beautifully. Once completely cooled, place them 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 for a quick treat.
25. **More Recipes You Will Love:** If you loved the wholesome and delicious nature of these banana zucchini muffins, you'll definitely want to explore some of these other fantastic snack and dessert recipes:

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

Original recipe: <https://chefmaniac.com/delicious-banana-zucchini-muffins-the-perfect-sweet-and-healthy-treat/>