

Banana Zucchini Muffins: Moist, Flavorful & Easy for Breakfast

Banana Zucchini Muffins: Moist, Flavorful, and Oh-So-Easy to Make!



OVEN
350°F

TIME
26 min

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INGREDIENTS

- 2 cups shredded zucchini (about 1-2 medium zucchinis)
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 2 ripe bananas, mashed (the riper, the better!)
- 1 cup granulated sugar
- 2 large eggs
- 1 cup vegetable oil
- 2 teaspoons vanilla extract

Swaps and Notes:

Zucchini: Use medium-sized zucchini. It's crucial to squeeze out excess moisture from the shredded zucchini to prevent the muffins from becoming soggy.

Bananas: Overripe bananas with brown spots are ideal. They're sweeter and easier to mash.

Oil: Vegetable oil (or canola oil) contributes to the incredible moisture of these muffins.

Cinnamon: Two teaspoons of cinnamon provide a warm, inviting spice flavor that pairs wonderfully with banana and zucchini. You could add a tiny pinch of nutmeg or allspice for more complexity.

Sweetness: The amount of sugar provides a well-balanced sweetness. Adjust slightly if your

bananas are exceptionally sweet or if you prefer a less sweet muffin.

Add-ins (Optional): Feel free to fold in 1 cup of chocolate chips, chopped walnuts, or pecans along with the zucchini for extra texture and flavor!

Directions:

Preheat Oven & Prep Muffin Tin: Preheat your oven to 350°F (175°C). Line a standard 12-cup muffin tin with paper liners. Set that aside and let the excitement build!

Prepare Zucchini: Grab a clean kitchen towel and place the shredded zucchini in the center. Give it a good squeeze to remove as much excess moisture as possible. This step is crucial for perfectly moist (not soggy!) muffins. Set the squeezed zucchini aside.

Whisk Dry Ingredients: In a large mixing bowl, whisk together the all-purpose flour, ground cinnamon, baking powder, baking soda, and kosher salt until they are well combined. This will be your dry mix, so set it aside for now.

Mix Wet Ingredients: In another separate bowl, combine the mashed ripe bananas, granulated sugar, large eggs, vegetable oil, and vanilla extract. Use a whisk to mix until you achieve a smooth and creamy consistency.

Combine Wet and Dry: Pour the wet mixture into the dry ingredients. Gently stir until just combined; it's okay if there are a few lumps. Overmixing can lead to a tough muffin, so stop stirring as soon as no dry streaks of flour remain.

Fold in Zucchini: Carefully fold in the squeezed shredded zucchini, ensuring it's evenly distributed throughout the batter.

Fill Muffin Liners: Scoop about 1/3 cup of batter into each muffin liner, filling them about three-quarters full.

Bake: Bake in the preheated oven for 22-26 minutes, or until the tops are golden brown and a toothpick inserted into the center of a muffin comes out with a few moist crumbs, but no wet batter.

Cool: Allow muffins to cool in the pan for about 10 minutes before transferring them to a wire rack to cool completely.

Storage Tips:

Leftover muffins can be kept in an airtight container at room temperature for up to 3 days, or in the refrigerator for up to 5 days.

You can also freeze the muffins. Wrap individual muffins tightly in plastic wrap, then place them in a freezer-safe bag. They will keep well for up to 2 months. To enjoy, simply thaw at room temperature or warm briefly in the microwave.

Tips for Success:

Squeeze Zucchini Dry: This is the absolute most important step for moist (not soggy!) muffins. Don't skip it!

Ripe Bananas: The riper your bananas, the more natural sweetness and banana flavor your muffins will have.

Don't Overmix: Overmixing the batter develops gluten, which can make muffins tough. Mix only until the ingredients are just combined.

DIRECTIONS

1. **Making these :** Banana Zucchini Muffins is a straightforward baking process that will fill your kitchen with a delightful aroma!
2. **Preheat : Oven & Prep Muffin Tin:** Preheat your oven to 350°F (175°C). Line a standard 12-cup muffin tin with paper liners. Set that aside and let the excitement build!
3. **Prepare : Zucchini:** Grab a clean kitchen towel and place the shredded zucchini in the center. Give it a good squeeze to remove as much excess moisture as possible. This step is crucial for perfectly moist (not soggy!) muffins. Set the squeezed zucchini aside.
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10. **Cool:** Allow muffins to cool in the pan for about 10 minutes before transferring them to a wire rack to cool completely.
11. Enjoy these delightful muffins; they bring the perfect amount of sweetness and moisture while filling your kitchen with an irresistible aroma!
12. **Storage Tips:** Leftover muffins can be kept in an airtight container at room temperature for up to 3 days, or in the refrigerator for up to 5 days.
13. You can also freeze the muffins. Wrap individual muffins tightly in plastic wrap, then place them in a freezer-safe bag. They will keep well for up to 2 months. To enjoy, simply thaw at room temperature or warm briefly in the microwave.
14. **Tips for Success: Squeeze Zucchini Dry:** This is the absolute most important step for moist (not soggy!) muffins. Don't skip it!
15. **Ripe : Bananas:** The riper your bananas, the more natural sweetness and banana flavor your muffins will have.
16. **Don't : Overmix:** Overmixing the batter develops gluten, which can make muffins tough. Mix only until the ingredients are just combined.
17. **Room : Temperature Ingredients:** Softened butter and room-temperature eggs blend more smoothly into the batter.
18. **Test for : Doneness:** A toothpick test is reliable. If it comes out with moist crumbs, it's perfect; if it's wet batter, bake a bit longer.
19. **Serving Suggestions and Pairings:** These Banana Zucchini Muffins are incredibly versatile. They're perfect for a quick breakfast on the go, a satisfying afternoon snack with coffee or tea, or a lighter dessert. They're also fantastic for lunchboxes or road trips. For other comforting and easy-to-make banana treats, you might also enjoy my [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#) or my [This Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd](#).
20. **More Recipes You Will Love:** If you loved the moist texture and comforting flavors of these muffins, here are a few more delightful dessert recipes that I think you'll absolutely love:
21. For another fantastic fall-inspired baked good, check out my [These Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat](#).
22. If you're a fan of rich and indulgent treats, you'll adore my [These Chocolate Chip Cookie Dough Brownie Bombs Are My Favorite Sweet Obsession](#).
23. And for a classic, decadent bar, my [The Best Peanut Butter Brownies I've Ever Made \(And I've Made a Lot!\)](#) are a must-try.
24. **Final Thoughts:** These Banana Zucchini Muffins are a true winner - combining wholesome ingredients with

delightful flavor into a perfectly moist and portable treat. They're easy to make, hide a healthy secret, and are guaranteed to be a hit. Give them a bake, and enjoy your delightful treats!

25. What's your go-to quick bread or muffin recipe for using up garden produce? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

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Bananas: Overripe bananas with brown spots are ideal.

Oil: Vegetable oil (or canola oil) contributes to the incredible moisture of these muffins.

TIPS FOR SUCCESS

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

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