

Healthy Peanut Butter Banana Muffins - Moist, Easy & Naturally Sweetened!

A Muffin That Tastes Like a Treat, but Eats Like a Snack



OVEN
350°F

TIME
30 min

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INGREDIENTS

- 2 ripe bananas, mashed
- 1/2 cup peanut butter (creamy or crunchy)
- 1/4 cup honey or maple syrup
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 1/2 cups oat flour (or blended rolled oats)
- 1/2 cup milk (dairy or non-dairy)

DIRECTIONS

- 1. Preheat & : Prep**Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease each cup.
- 2. Mix : Wet Ingredients**In a large bowl, mash bananas. Add peanut butter, honey (or maple syrup), eggs, and vanilla. Stir until smooth.
- 3. Add : Dry Ingredients**In a separate bowl, whisk oat flour, baking soda, and cinnamon. Gently fold the dry mix into the wet until just combined.
- 4. Add : Milk**Stir in the milk until the batter is evenly mixed and pourable.
- 5. Fill the : Muffin Tin**Spoon batter into the muffin cups, filling each about 2/3 full.
- 6. Bake:** Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean.
- 7. Cool & : Enjoy**Let cool for 5 minutes in the pan, then transfer to a wire rack to cool completely.

SWAPS & NOTES

Use sunflower seed butter or almond butter instead.
Substitute with two flax eggs (2 tbsp flaxseed + 6 tbsp water).

These are naturally gluten-free if you use certified gluten-free oats.

Chocolate chips, chopped nuts, or dried cranberries are all welcome!

TIPS FOR SUCCESS

Use super ripe bananas with lots of brown spots for the best flavor and sweetness.

Don't overmix the batter-just stir until the ingredients are incorporated.

If using chocolate chips, toss them in a little oat flour first to prevent sinking.

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

Original recipe: <https://chefmaniac.com/healthy-peanut-butter-banana-muffins-moist-easy-naturally-sweetened/>