

Moist Zucchini Banana Muffins: Your New Favorite Breakfast Treat

Moist Zucchini Banana Muffins: A Delicious Way to Start Your Day!



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
Optional additions: ½ cup chocolate chips, ½ cup chopped walnuts or pecans

DIRECTIONS

1. 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 clean-up a breeze and helps prevent sticking.
2. Prepare Zucchini: Grab a clean kitchen towel or several layers of paper towels. Place the 2 cups of shredded zucchini in the center and give it a really good squeeze to remove any excess moisture. You'll be surprised how much liquid comes out! Set the squeezed zucchini aside for later. This step is crucial for perfectly moist, not watery, muffins.
3. Combine Dry Ingredients: In a large mixing bowl, whisk together the 2 cups all-purpose flour, 2 teaspoons ground cinnamon, 1 teaspoon baking powder, ½ teaspoon baking soda, and ½ teaspoon kosher salt until everything is nicely combined and evenly distributed.
4. Combine Wet Ingredients: In a separate, medium-sized bowl, mix together the 2 ripe mashed bananas, 1 cup granulated sugar, 2 large eggs, 1 cup vegetable oil, and 2 teaspoons vanilla extract. Whisk until you have a smooth and creamy mixture.
5. Mix Wet and Dry: Pour the wet mixture from the separate bowl into the dry ingredients in the large mixing bowl. Gently stir with a spatula or wooden spoon until just combined. Do not overmix; a few lumps in the batter are totally okay and actually help keep muffins tender! Overmixing develops gluten, which can lead to tough muffins.
6. Fold in Zucchini (and Optional Mix-ins): Carefully fold in the squeezed, shredded zucchini, gently stirring it throughout the batter until evenly

distributed. If you're adding optional chocolate chips or nuts, fold them in now as well.

7. 7. Fill Muffin Liners: Scoop about 1/3 cup of batter into each prepared muffin liner, filling them up nicely to about two-thirds full.
8. 8. Bake: Pop the muffin tin into the preheated oven and bake for 22-26 minutes, or until a wooden toothpick inserted into the center of a muffin comes out with a few moist crumbs attached, but no wet batter. The tops should be golden brown and spring back when gently pressed.
9. 9. 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 to the liners.
10. 10. Enjoy these tasty muffins-your kitchen will smell amazing!

SWAPS & NOTES

Zucchini: Make sure to squeeze out as much excess moisture as possible from the shredded zucchini.

This is key to preventing soggy muffins.

Bananas: Use very ripe bananas (with brown spots) for the best flavor and natural sweetness.

Oil: Vegetable oil contributes to the muffins' moist texture.

TIPS FOR SUCCESS

Squeeze Zucchini Dry: This is the #1 tip for preventing soggy muffins.

Ripe Bananas: The riper the bananas, the sweeter and more flavorful your muffins will be.

Don't Overmix: Overmixing is the enemy of tender muffins.

Mix wet and dry ingredients just until combined.

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

Original recipe: <https://chefmaniac.com/moist-zucchini-banana-muffins-your-new-favorite-breakfast-treat/>