BANANA MUFFINS

Delicious breakfast or snack on the go

SERVINGS: 12 PREPPING TIME: 15 MIN COOKING TIME: 18-20 MIN

INGREDIENTS

- 3 ripe bananas (the browner, the better!)
- 1/3 cup melted butter
- 1/2 cup sugar (or honey/maple syrup)
- 1 egg (beaten)
- 1 tsp vanilla extract
- 1 tsp baking soda
- Pinch of salt
- 1 1/2 cups all-purpose flour
- Optional: chocolate chips, walnuts, or cinnamon

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease it.
2. In a large bowl, mash the bananas with a fork.
3. Stir in the melted butter.
4. Add sugar, beaten egg, and vanilla. Mix well.
5. Sprinkle in baking soda and salt, then stir to combine.
6. Add flour and mix until just blended.
7. Optional fun part: Add chocolate chips or nuts!
8. Spoon the batter into muffin cups, filling about 3/4 of the way.
9. Bake for 18–20 minutes or until a toothpick comes out clean.
10. Cool and enjoy!

MINFUL KITCHEN MOMENT:

As you stir the batter, take a deep breath. Notice how the bananas smell. Feel the texture as you mix. Say one thing you're grateful for today—then stir it into the mix!