

# *Banana Cinnamon Muffins*

## Ingredients

- 1/3 cup unsalted butter, room temperature
- 1/3 cup sugar
- 1 large egg
- 4 over-ripe bananas, mashed
- ¼ cup milk
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

## Directions

1. Preheat oven to 350 degrees F. Lightly grease a muffin tin or line with baking cups.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Add the egg and continue to beat. Mix in the mashed banana. Stir in the milk and vanilla extract.
3. In a separate bowl, sift together the flour, baking soda, baking powder, cinnamon, and nutmeg. Fold the dry ingredients into the wet ingredients until just blended.
4. Spoon the batter evenly between the muffin cups and bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Allow to cool and store in an airtight container at room temperature or in the freezer.
5. Serve warm or at room temperature.

**Yield:** 12 standard size muffins

**Source:** Cooking with Karen; Originally from [The Pastry Affair](#)