

Banana Muffins-Fluffy & moist

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|-------|------|---|-----|-----|------------------------|
| ½ | cup | non-dairy milk | 1/2 | cup | sugar |
| | | | 1/2 | cup | brown sugar |
| 1 1/2 | Tbs | apple cider vinegar | 2 | Tbs | brown sugar - (packed) |
| 2 ¼ | cups | flour | 5 | Tbs | canola oil |
| 1 | Tbs | non-aluminum baking powder | 2 | tsp | banana extract |
| | | baking soda | 2 | tsp | vanilla extract |
| ½ | tsp | cinnamon | ½ | cup | chopped walnuts |
| 1 | tsp | salt | | | |
| 1/2 | tsp | mashed over ripe bananas (about 3½ bananas) | | | |



Procedure

- 1 Preheat the oven to 425 degrees and then reduce the temperature as directed. The initial hot oven creates a burst of steam that helps lift the muffins.
- 2 In a medium bowl, whisk together the non-dairy milk and apple cider vinegar. Let sit for 10 minutes so the non-dairy milk curdles.
- 3 Mix dry ingredients.
- 4 In a large bowl mash enough bananas to make 1 ¼ cups. Whisk in the non-dairy milk and apple cider mixture, sugar, vegetable oil, and vanilla extract.

3 One Healthy Recipe

- 5 Pour in remaining ingredients and mix just until moistened. Batter should be spoonable not pourable.
- 6 Spray muffin pans. Spoon the batter into the muffin pan making sure the dough is filled up to the top of the pan.
- 7 Cook muffins for 6 minutes then lower the oven to 325 degrees. Bake for a total of 25-30 minutes or until inserted toothpick comes out clean.
- 8 Once out of oven let sit for 5 minutes and then transfer to cooling rack. 5 minutes lets them firm but more than that turns the bottoms soggy.

Servings: 23 Muffins Oven Temperature: 325°F

Recipe Tips

Fill your muffin tins. Recipes that direct you to fill your muffin tins 2/3's full calls for too little batter for high-domed muffins. Fill your muffin tins nearly full. Your favorite recipe that calls for 12 muffins may only make nine or ten high-domed muffins. Fill any empty tins half full of water. Make sure that your batter is thick. In a full tin, a thin batter will flow all over your oven before setting. Your batter should be "spoonable" not pourable. Get your oven hot enough. Set your oven temperature to 425 degrees. You need a high temperature to create a burst of steam which will lift the top of the muffin and quickly set the starches and proteins in the muffin. After six or eight minutes, set the temperature back to the lower setting. If you leave it on the high temperature, the muffins will bake too rapidly and will likely be crusty. <https://www.preparedpantry.com/blog/make-perfect-banana-muffins/>

Author Notes

Combined 3 recipes, primary recipe:

<http://www.veganbaking.net/recipes/breads/enriched-breads/muffins/banana-walnut-muffins-or-bread>

<https://www.averiecooks.com/2013/04/fluffy-vegan-coconut-oil-banana-muffins.html#> and <http://www.topsecretrecipes.com/Otis-Spunkmeyer-Banana-Nut-Muffins-Reduced-Fat-Copycat-Recipe.html>

140 calories and 1 g fiber per muffin.