



DESCRIPTION

When you get home from school, all you want is a simple snack, right? Well these banana muffins are a great way to restore energy after a long day!

INGREDIENTS

- 3 ripe bananas
- 1 tsp vanilla
- 1 tsp sour cream
- 1 stick unsalted butter
- 3/4 cup sugar
- 1 egg
- 1 egg yolk
- 1 1/2 cups flour
- 3/4 tsp baking powder
- 3/4 tsp baking soda
- 1 pinch of salt
- mini chocolate chips

TOOLS

- 2 bowls
- potato masher
- spatula
- muffin tin
- paper muffin cups
- measuring cups
- electric mixer

DIRECTIONS

1. In a bowl, combine 1 1/2 cups flour, 3/4 tsp baking powder, 3/4 tsp baking soda and a pinch of salt. Mix with a fork. Set aside.
2. In another bowl, mash 2-3 ripe, peeled bananas with a potato masher.
3. Add 1 tsp sour cream (or plain yogurt).
4. Add 1 tsp vanilla and mix with a spatula. Set aside.
5. In another bowl, combine 1 stick softened, unsalted butter and 3/4 cup sugar.
6. With an electric mixer, beat these ingredients together.
7. Crack one egg whole and separate the egg yolk from the second egg. Combine the whole egg and just the egg yolk from the second egg.
8. Add them to the butter and sugar mixture and beat them until well combined.
9. Add half the flour mixture and beat until flour starts to get incorporated.
10. Add half the banana mixture.

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COOKING

BANANA MUFFINS

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11. Alternate between dry and wet ingredients until combined.
12. Add 3/4 cup mini chocolate chips or chopped walnuts to the batter if you like.
13. Line a muffin tin with paper muffin cups. Use a large scoop or spoon to fill them.
14. Bake at 350 degrees in a preheated oven for 20-25 minutes, until tops of the muffins are golden, springy when lightly pressed with a fingertip, but still slightly moist on top.

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