



Banana Crunch Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



448 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup medium-diced bananas ripe 1 banana
- ☐ 1 cup bananas ripe mashed 2 bananas
- ☐ 18 servings coconut or dried shredded
- ☐ 2 extra large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup cereal

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 cup coconut or shredded sweetened
- ☐ 0.5 pound butter unsalted cooled melted
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup small-diced walnuts
- ☐ 0.8 cup milk whole

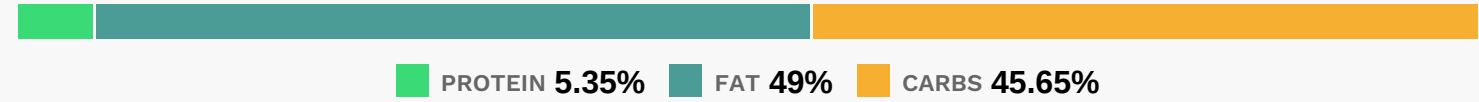
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Line 18 large muffin cups with paper liners. Sift the flour, sugar, baking powder, baking soda, and salt into the bowl of an electric mixer fitted with a paddle attachment.
- ☐ Add the melted butter and blend.
- ☐ Combine the eggs, milk, vanilla, and mashed bananas, and add them to the flour-and-butter mixture. Scrape the bowl and blend well. Don't overmix.
- ☐ Fold the diced bananas, walnuts, granola, and coconut into the batter. Spoon the batter into the paper liners, filling each 1 to the top. Top each muffin with dried banana chips, granola, or coconut, if desired.
- ☐ Bake for 25 to 30 minutes, or until the tops are brown and a toothpick comes out clean. Cool slightly, remove from the pan, and serve.

Nutrition Facts



Properties

Glycemic Index:22.48, Glycemic Load:29.24, Inflammation Score:-4, Nutrition Score:10.209565245587%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 448.29kcal (22.41%), Fat: 25.15g (38.7%), Saturated Fat: 14.75g (92.2%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 49.09g (17.85%), Sugar: 29.29g (32.54%), Cholesterol: 51.46mg (17.15%), Sodium: 206.6mg (8.98%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 6.18g (12.35%), Manganese: 0.99mg (49.68%), Selenium: 13.77µg (19.67%), Vitamin B1: 0.23mg (15.22%), Fiber: 3.64g (14.56%), Folate: 54.74µg (13.68%), Copper: 0.27mg (13.49%), Phosphorus: 129.91mg (12.99%), Vitamin B2: 0.2mg (11.73%), Iron: 2.09mg (11.64%), Magnesium: 39.41mg (9.85%), Vitamin B6: 0.17mg (8.71%), Vitamin B3: 1.58mg (7.92%), Vitamin A: 376.91IU (7.54%), Potassium: 236.14mg (6.75%), Calcium: 64.95mg (6.49%), Zinc: 0.94mg (6.24%), Vitamin E: 0.76mg (5.08%), Vitamin B5: 0.49mg (4.86%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.14µg (2.27%), Vitamin C: 1.73mg (2.09%), Vitamin K: 1.6µg (1.52%)