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# EXTRA-LARGE AMAZING BANANA WALNUT MUFFINS

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Course	Breakfast, Brunch, Snack
Cuisine	American, British
Prep Time	20 minutes
Cook Time	25 minutes
Total Time	45 minutes
Servings	8-10 extra-large muffins



## Ingredients:

- 3 large ripe bananas
- 150g white sugar
- 1 large free-range egg, room temperature
- 80ml vegetable oil
- 1 tsp vanilla bean paste
- 188g plain flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp fleur de sel
- ½ tsp cinnamon
- 150g chopped walnuts
- 2 TBSP brown sugar
- 1 TBSP melted butter

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## Other Information

*Preheat the oven to 220°C (200°C Fan/425°F/Gas Mark 7) and bake muffins for five minutes at this temperature.*

*After five minutes, reduce heat to 175°C (160°C Fan/350°F/Gas Mark 4) for the remainder of the baking time. The high temperature at the start of the baking process helps to give a beautiful crown to the muffins.*

*Paper cups are easier, but if you don't have paper cups, be sure to spray your muffin tins with non-stick baking spray well or use butter before spooning in the mixture.*

*All you need is a wooden spoon to mix these. You can use a stand or hand mixer, but be careful not to overmix.*



*Store them in an airtight container at room temperature for up to four days.*

*Freeze them in an airtight container for up to two months.*

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## **Directions**

1. Preheat the oven to 220°C (200°C Fan/425°F/Gas Mark 7).
2. Prepare a 12-cup muffin tin with paper liners (or grease very well with butter or cooking spray if you prefer not to use paper liners).
3. Mash the bananas in a large bowl and mix in the sugar and egg with a wooden spoon until well blended.
4. Add the vegetable oil and vanilla bean paste and mix well.
5. Add the flour, baking powder, baking soda, salt, cinnamon, along with 113g of the chopped walnuts.
6. Mix everything just until the flour disappears, and the walnuts are distributed evenly throughout the batter.
7. In a small bowl, combine the remaining 37g cup walnuts, brown sugar and melted butter, evenly coating the walnuts.
8. Using an ice cream scoop, scoop the muffin batter to the tops of the muffin cups and sprinkle a generous bit of the coated walnuts onto the top of each one, making sure that the topping is evenly distributed.
9. Bake for 5 minutes at 220°C (200°C Fan/425°F/Gas Mark 7).
10. Reduce heat to 175°C (160°C Fan/350°F/Gas Mark 4) and bake for about 17-20 minutes, or until muffins are golden brown on top and a toothpick inserted into the centre of one of the muffins comes out clean.
11. Let the muffins cool in their tins for a few minutes before removing them to a wire rack to cool completely.

