

11/07/10 - Banana Nut Muffins

Aloha from Hawaii. My lovely hubby has surprised me with a little break in Maui for a couple of days. I was going to post this before I left, but as always time disappears and so this afternoon as I take a break from sun, sand, and water here is my post. By the way, have you ever heard of Apple Bananas? They are a different variety that grow year round on Maui. The taste has a little crisp apple in it and they



These muffins have that brown sugar, cinnamon, almost Thanksgiving taste happening and are very moist.

1 stick butter

1 cup sugar

2 large eggs

1 teaspoon vanilla

1/2 teaspoon cinnamon

2 cups mashed very ripe bananas

2 cups flour

1/2 teaspoon salt

1 teaspoon baking powder

1/2 teaspoon baking soda

1 cup buttermilk

To Drop Inside Batter

1/2 cup chopped pecans

3 tablespoons brown sugar

1 and 1/2 tablespoons butter

1/4 teaspoon cinnamon

Topping

1/2 cup whole pecan halves

1/3 cup brown sugar

3 tablespoons butter

1/4 teaspoon cinnamon

Preheat your oven to 400°. Line a muffin tin with cupcake papers or spray it with non stick spray. In the bowl of a mixer (hand held or stand) cream the butter and sugar until fluffy. Crack the eggs and check them, then add the eggs, vanilla and mashed bananas. Mix until smooth.





Measure the dry ingredients and stir together. Measure the buttermilk. Add the dry ingredients and mix just to combine, and then carefully stir in the buttermilk. Too much mixing makes muffins tough.

Set the batter aside for a moment, combine the chopped pecans, brown sugar, and butter in another bowl. Crumble this mix in chunks onto the batter. With a large spatula gently fold the crumbled pecans and sugar into the batter, leaving visible chunks. Distribute the batter amongst the prepared muffin molds by spoonfuls.



Combine the topping ingredients and evenly divide the topping over the muffins. Place the muffin tin in the preheated oven and bake until golden brown and toothpick inserted in the center of a muffin comes out clean about 15-20 minutes.

Remove the muffin tin from the oven and cool on a rack for ten minutes. After the ten minutes unmold the muffins and finish cooling them on the rack. Eat and enjoy.



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