

Banana Nut Muffins

written by The Recipe Exchange | August 7, 2017

Ingredients

1½ cups all-purpose flour
½ cup whole wheat flour
⅔ cup packed brown sugar
2 teaspoons baking powder
¼ teaspoon ground cinnamon
¼ teaspoon salt
1 cup mashed ripe banana (about 2 bananas)
¾ cup 1% low-fat milk
3 Tablespoons coconut oil
½ teaspoon vanilla extract
1 large egg
¼ cup chopped walnuts

Streusel

6 tablespoons regular oats
5 tablespoons all-purpose flour (about 1½ ounces)
2 tablespoons brown sugar
2 tablespoons butter, softened
¼ teaspoon ground cinnamon

Directions

Preheat oven to 375°.

To prepare the muffins, lightly spoon 1 cup all-purpose flour and whole wheat flour into dry measuring cups; level with a knife. Combine flours and next 4 ingredients (through salt) in a large bowl; make a well in center of mixture. Combine banana and next 4 ingredients (through egg) in a bowl; stir well. Add to flour mixture. Stir just until moistened; fold in walnuts. Place 12 muffin cup liners in muffin cups. Spoon batter into 12 muffin cups.

To prepare streusel, combine oats and remaining ingredients in a small bowl. Blend with a pastry blender or 2 knives until mixture resembles coarse meal. Sprinkle streusel over batter. Bake at 375° for 22 minutes or until a wooden pick inserted in center comes out clean.